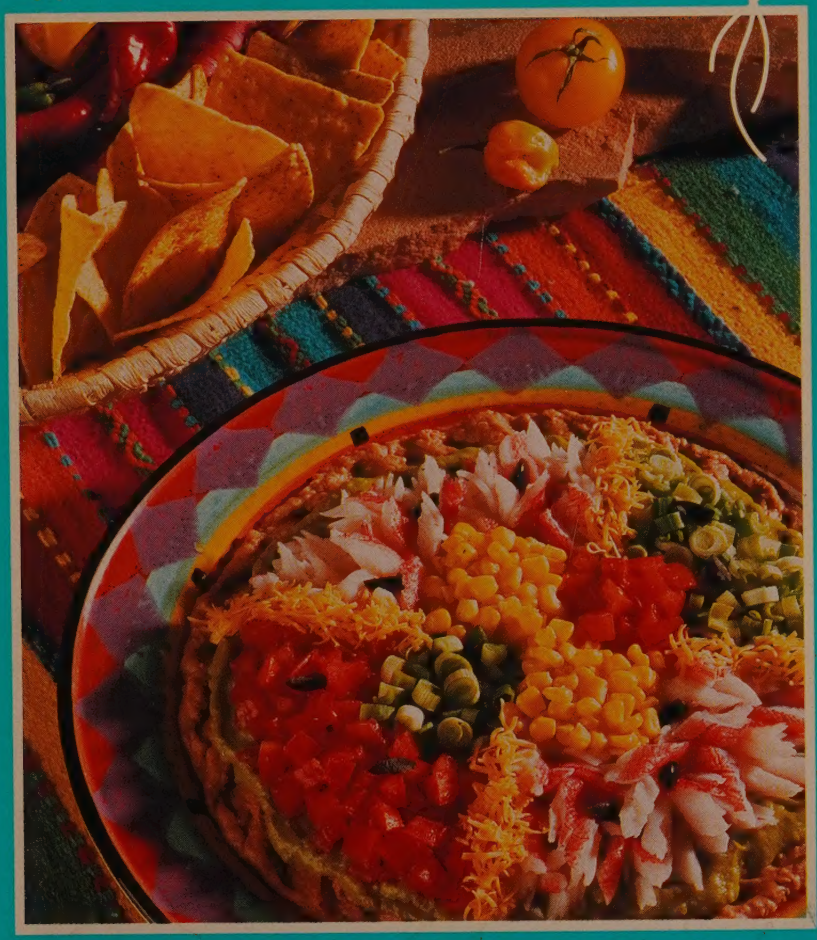
PARTY FOODS

Appetizers • Dips • Salads • Desserts



Presented By Home Economics Teachers

PARTY FOODS

Presented by
Home Economics Teachers

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Gerry Murry Henderson

Graphics by
Robert Knies Design, Inc.

©Library of Congress Catalog
Card No. 83-072749
ISBN 0-914159-11-9

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1907 Skycrest Drive, Fullerton, CA 92631

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PARTY FOODS

THANK YOU, the "reader", for BUYING THIS BOOK, and SUPPORTING YOUR SCHOOLS!

SPECIAL CREDITS and "THANK YOU'S" to SEVERAL who contributed towards publishing this book:

- **Home Economics Teachers of California, Nevada,** and **Arizona,** who contributed the recipes!
- **Gerry Henderson,** of Temple City High School, who painstakingly edits all the recipes each year!
- **Nancy Freeman,** our "Office Manager": THANK YOU for all the many different jobs you do!
- **Doug Herrema,** our Director of Publications, our "computer man", our "idea man", each year!
- **Doug Pierce,** who has consistently been our **Top Salesman** for many years!
- **Robert Knies,** of Knies Design, Inc., in Fullerton, for graphics and artwork.
- **John Church,** of Creative Press in Anaheim, for page layout and DTP services!
- **Jerry Bernstein,** of KNI, Inc., in Anaheim, for a quality printing and binding job!
- **Russ Herrema, Bill Horton,** and **Bill O'Brien** who deliver and pick-up books all over California (and now Nevada and Arizona!)

Thanks to **All of You!**

Grady W. Reed, "Captain Cookbook"
Owner, California Cookbook Company

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"Southwestern Seafood Dip", on pg. 55
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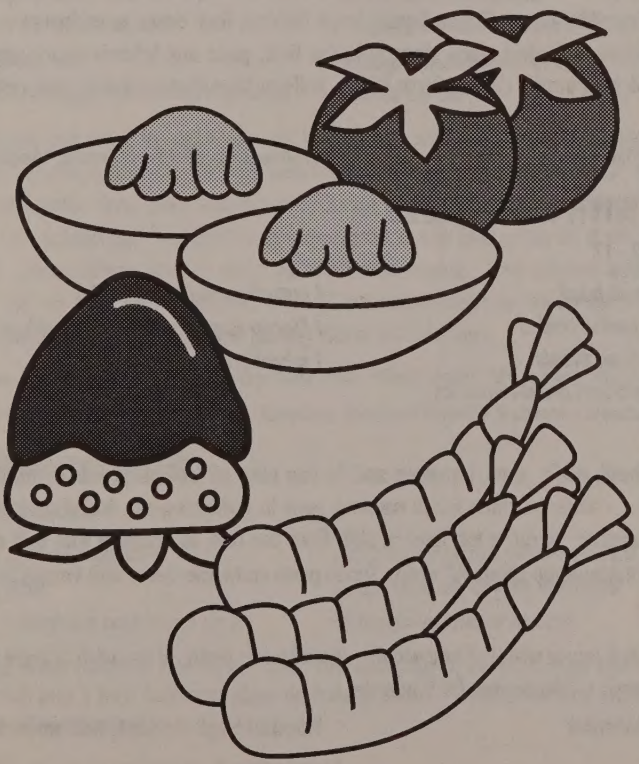
Cold Appetizers



BRICKLAYER'S SAUCE WITH CHEESE & AVOCADO

Serves 12

2 (10 ounce) cans tomatoes with green chiles
½ small onion
1 clove garlic
2 sprigs fresh cilantro
1 teaspoon sugar
¼ teaspoon salt
2 tablespoons oil
2 (8 ounce) packages cream cheese, chilled and very firm
2 large ripe avocados, halved lengthwise, pitted and peeled
tortilla chips, for dipping

In blender, whirl tomatoes, onion, garlic, cilantro, sugar and salt until well blended. In medium skillet, heat oil. Add tomato sauce mixture; bring to a boil. Reduce heat and simmer 3 minutes. Remove from heat; cool. On cutting board, with long thin-bladed knife, cut cream cheese crosswise into ¼" thick slices. Place avocado halves cut sides down; cut crosswise into ¼" thick slices. On oblong serving platter, place 3 cream cheese strips side by side; top with 3 avocado slices and just enough sauce to make a thin, mortar-like layer. Repeat layers, brick fashion, four times to construct a "brick wall". Make a second stack along side the first; pour any leftover sauce over top. Surround with tortilla chips. Serve with a knife to slice through layers and spread on chips.

Penny Putnam **Divisadero Middle School, Visalia, CA**

BRIE WITH HERB PESTO

Serves 10 - 12

2 cups fresh basil
4 cloves garlic, peeled
1 cup walnut meats
6 - 8 pieces sun dried-tomatoes in oil
1 cup olive oil (best quality)
1 ¼ cup Parmesan cheese, freshly grated
1 wheel brie

Process basil, garlic, nuts, tomatoes and ½ cup olive oil in food processor until finely chopped. While machine is still running, pour in remaining oil. Add cheese; remove from processor. Remove top layer of skin from the brie, by scraping with dull edge of knife. Cut across top about ¼" deep. Spoon pesto on to brie. Serve with French bread or crackers.

NOTE: An 8 ounce wheel of brie will use about ½ cup pesto. If you wish to serve warm, place in oven at 350 degrees for 5 minutes.

Vicki Giannetti **Foothill High School, Sacramento, CA**

BRUNCH PUNCH

Serves 24

1 (18 ounce) can apple juice, frozen
1 (18 ounce) can lemonade, frozen
1/2 teaspoon almond flavoring
1.2 liter bottle ginger ale

Prepare frozen apple juice and lemonade according to package directions. Mix together in large container. Add almond flavoring. Place ice in a large punch bowl; pour juice over ice and add ginger ale just before serving.

"Excellent punch for a meal such as brunch, from 7:30 a.m to 2:00 p.m.. Does not have a sugary taste."

Randi Montgomery **Durango High School, Las Vegas, NV**

CAVIAR CRACKER SPREAD

Serves 8 - 10

1 package unflavored gelatin
2 tablespoons cool water
2 tablespoons lemon juice
1/8 teaspoon salt
6 hard boiled eggs, peeled and mashed
1/2 onion, finely chopped
1/2 - 3/4 cup mayonnaise
1 tablespoon worcestershire sauce
1/8 teaspoon tabasco sauce
3 ounce jar caviar

Mix gelatin and water in saucepan; add lemon juice and simmer until completely dissolved. In bowl, mix gelatin mixture with remaining ingredients except caviar; set aside. Drain and gently rinse caviar - do not pop! Drain again until partly dry. Very gently, fold caviar into gelatin/egg mixture, being very careful not to pop caviar as it will discolor spread. Spray a Pyrex bowl or mold with non-stick coating. Pour mixture into bowl or mold. Let set until firm. Dip bowl or mold into warm water to loosen spread. Invert onto serving plate and garnish with parsley. Serve with crackers.

"This recipe is stolen from my wonderful Irish friend, Jean! It's a party favorite!"

Julie Hampton **Gordon Russell Middle School, Gresham, OR**

CHEESE CRISPIES

Makes 3 1/2 dozen

2 cups crisp rice cereal
2 cups flour
1/4 to 1/2 teaspoon cayenne pepper
1 cup butter or margarine, melted
2 cups cheddar cheese, shredded
3/4 teaspoon salt, or to taste

In large bowl, combine rice cereal, flour, cayenne pepper, butter, cheese and salt; mix well. Roll into 1 inch balls and place on baking sheet. Flatten with fork. Bake at 350 degrees 15 to 20 minutes.

"Easy to make, good to eat. A spicy treat."

Marianne Estes **La Mirada High School, La Mirada, CA**

CRAB LOG

Serves 18 - 20

2 (8 ounce) packages cream cheese
1 (6 1/2 ounce) can crab meat
1 bottle chili sauce

Soften cream cheese. Drain crab meat. Mix crab meat with cream cheese. Form into 2 logs or 1 large ball. Refrigerate at least 24 hours. Just before serving, make an impression in logs or ball and pour in chili sauce. Serve with crackers.

"Very simple. Needs to be done at least a day in advance."

Susan Lefler **Ramona Junior High School, Chino, CA**

CREAMY CHEESE FRUIT DIP

Serves a Small Group

8 ounces cream cheese, whipped
1 small jar marshmallow creme
juice of 1 lemon

Whip all three ingredients together. Serve alongside cut fruit.

"Great way to get your family to eat more fruit."

Paula Schaefer **Garside Middle School, Las Vegas, NV**

CRISPY WALNUTS

Makes 1 pound

1/4 cup butter
1 egg white
1/2 cup sugar
2 cups walnuts, shelled
salt, to taste

Melt butter in a 9" square pan. Beat egg white until stiff, gradually adding sugar. Toss walnuts in egg white mixture until coated. Spread walnuts on top of melted butter. Bake at 350 degrees for 5 minutes. Remove, stir and sprinkle with salt. Return to oven and repeat stirring every 5 minutes 2 - 3 more times, until lightly browned and butter is absorbed. Cool. Stir in an airtight container.

NOTE: For Parmesan walnuts, omit sugar and salt. Sprinkle with grated Parmesan cheese each time you stir walnuts.

"Another winner from my secret pal! Too bad I had to share with my family."

Kathy Warren **C. K. Mc Clatchy High School, Sacramento, CA**

CUCUMBER CANAPES

Makes 3 dozen

1 cup cooked rice, cooled to room temperature
1 large fresh tomato, peeled and diced
1/2 cup parsley, chopped
1/3 cup green onions, sliced
1/4 cup fresh mint, chopped
2 cloves garlic, minced
3 tablespoons plain nonfat yogurt or lowfat sour cream
1 tablespoon lemon juice
1 tablespoon olive oil
1/4 teaspoon ground white pepper
2 - 3 large cucumbers, peeled

Combine rice, tomato, parsley, onions, mint, garlic, yogurt, lemon juice, oil and white pepper in large bowl. Cover and chill. Cut each cucumber crosswise into 1/2" slices; hollow out center of each slice, leaving bottom intact. Fill each cucumber slice with scant tablespoon rice mixture.

Tip: Use 1/2 teaspoon measuring spoon to scoop seeds from cucumbers.

USA Rice Council **Houston, TX**

CUCUMBER SANDWICHES

Serves 12

1 (8 ounce) package cream cheese, softened to room temperature
1/4 cup Miracle Whip salad dressing
1/2 package Good Seasons Italian Dressing Mix
1 loaf cocktail rye bread
1 large cucumber, thinly sliced
dill weed

Mix cream cheese and salad dressings until well blended. Spread on rye bread slices. Add slice of cucumber; sprinkle with dill weed.

Rita Blohm **Nogales High School, La Puente, CA**

CURRIED STUFFED CELERY

Serves 6 - 8

8 ounces soft spread cream cheese
1/4 cup toasted almonds, chopped
2 tablespoons mango chutney (chop, if chunky)
1 teaspoon curry powder
1/4 teaspoon dry mustard
1 bunch celery

Combine all ingredients except celery and refrigerate at least 4 hours, preferably overnight. Wash and dry celery and cut into 4" - 6" pieces. Fill each celery stalk with

cheese mixture. Lightly run a fork along the top for decoration or sprinkle with a few additional almonds.

"Use low-fat cream cheese and you have a "lite" appetizer."

Lynda Ruth **La Mirada High School, La Mirada, CA**

EGGPLANT ORIENTAL ON TOMATO ROUNDS

Serves 6

2 eggplants, about 6 pounds
3 1/2 tablespoons fresh ginger, peeled and finely chopped
3 tablespoons fresh cilantro leaves, chopped
2 tablespoons soy sauce
5 - 6 cloves garlic, peeled and finely chopped
1 tablespoon rice wine vinegar
1 tablespoon dark sesame oil
1/2 teaspoon granulated sugar
1/4 teaspoon hot pepper sauce
6 - 8 Roma OR 2 medium tomatoes, cut crosswise into slices

Place whole eggplants on cookie sheet and bake at 400 degrees for 1 hour. Set aside to cool. When cool enough to handle, peel and dice. Mix ginger, cilantro, soy sauce, garlic, vinegar, sesame oil, sugar and hot pepper sauce in a large bowl. Add eggplant and mix well. Arrange tomato slices on a platter. Divide eggplant mixture evenly on top of tomato slices.

"A unique and healthy appetizer that guests and family will enjoy! (Low in calories, fat and cholesterol.) Use regular sized tomatoes for a side dish."

Brenda Burke **Mt. Whitney High School, Visalia, CA**

ELEGANT CHEESE, SUN DRIED TOMATOES & BASIL

Serves 4 - 6

5 - 6 ounces goat cheese
1 bunch fresh basil
1 tablespoon olive oil
8 - 10 sun dried tomatoes in olive oil
1/4 to 1/2 cup pine nuts, roasted
1 1/2 tablespoons balsamic vinegar

On a 6" round serving dish, chop up goat cheese to cover bottom of dish. Cover top of cheese with chopped fresh basil. Sprinkle olive oil over basil. Add chopped sun-dried tomatoes to the top. Cover tomatoes and basil with roasted pine nuts. Sprinkle balsamic vinegar over the top. Serve with very plain crackers or very thin slices of bread.

"This is a wonderful combination of flavors. It looks very elegant with red and green. A sure winner when it comes to bringing an impressive appetizer."

Cathy Francois **Carlsbad High School, Carlsbad, CA**

HIDDEN VALLEY RANCH PINWHEELS

Makes 3 dozen

2 (8 ounce) packages cream cheese, softened
1 (1 ounce) package Hidden Valley Ranch Salad Dressing Mix
2 green onions, minced
4 (12 inch) flour tortillas
1 (4 ounce) jar pimiento, diced
1 (4 ounce) can diced green chiles
1 (2.25 ounce) can black olives, sliced

Mix first 3 ingredients together and spread on tortillas. Drain vegetables and blot dry on paper towels. Sprinkle equal amounts of remaining ingredients on top of cream cheese mixture. Roll tortillas tightly. Chill at least 2 hours. Cut rolls into 1 inch pieces, discarding ends. Serve with spirals facing up.

"They're easy! They're delicious! They're gone!"

Sharron Maurice **Blythe Middle School, Blythe, CA**

HOMEMADE SALSA WITH CREAM CHEESE

Serves 6 - 8

1 (4 ounce) can green chiles, diced
2 (14 1/2 ounce) cans tomatoes, chopped
1 medium onion, chopped
1 teaspoon seasoning salt
8 ounces cream cheese, softened to room temperature
tortilla chips

Stir together green chiles, tomatoes, onion and seasoning salt. Pour over cream cheese and serve with chips.

NOTE: If you make this ahead of time, the flavors will blend more. Also good served immediately.

"This is a fairly mild salsa. Add jalapeno peppers if you want "hot" sauce."

Sally Spieker Slaughter **Tehachapi High School, Tehachapi, CA**

JALAPENO PEPPER CHEESE BALLS

Makes approx. 60

1 (11 1/2 ounce) can bean with bacon soup
4 cups cheddar cheese, shredded
2/3 cup jalapeno relish or 2/3 cup green chiles, chopped
1 cup parsley, chopped or 1 cup pecans, chopped

In large bowl, combine soup, cheese and relish or chiles (depending on degree of spiciness desired). Beat with electric mixer until smooth; chill. On waxed paper, shape mix-

ture into 4 logs measuring 4" x 1 ½". Roll in parsley or pecans. Serve with crackers.

"This is a delicious appetizer (never lasts long) and was given to me by my friend, Jeanne Smith."

Sandra Robertson **Whittier High School, Whittier, CA**

MARINATED SHRIMP

Serves 16 - 20

¾ cup chive blossom white wine or rice vinegar
¾ cup extra-virgin olive oil
¼ cup shallots, minced
¼ cup sweet green pepper, cored, seeded and minced
2 tablespoons fresh chives, minced
1 tablespoon dijon mustard
1 tablespoon capers
1 clove garlic, minced
½ teaspoon hot red pepper sauce
4 pounds shrimp, peeled and deveined

In large non-reactive bowl, combine all ingredients except shrimp; whisk together. Fill a large kettle three-fourths full of water and bring to a boil over high heat. Add shrimp and cook until opaque in the center, or about 3 - 4 minutes. Drain and add to marinade, stirring to coat. Cover and refrigerate for at least 3 - 4 hours before serving.

"This recipe is delicious as an appetizer served with toothpicks or can be served over salad as a refreshing luncheon item."

Patti Bartholomew **Casa Roble High School, Orangevale, CA**

MARINATED VEGETABLE APPETIZER

Serves 4

2 cups fresh mushrooms
1 medium zucchini, cut into bite-sized pieces
⅓ cup white wine vinegar
¼ cup cooking oil
1 tablespoon dry sherry
1 teaspoon sugar
¼ teaspoon dried oregano, crushed
dash pepper

Cut any large mushrooms in half. In a medium mixing bowl, combine mushrooms and zucchini. In a screw-top jar, combine vinegar, oil, sherry, sugar, oregano and pepper. Cover and shake well to mix, then pour over vegetables. Cover and chill several hours, stirring occasionally. To serve, drain vegetables and arrange on a serving platter.

"May also be served as a salad."

Jill Burnham **Bloomington High School, Bloomington, CA**

OLIVE PESTO BREAD

Serves 4 - 6

2 tablespoons olive oil
2 tablespoons pine nuts, roasted
4 cloves garlic
1 (6 ounce) can black olives, drained
baguette of bread, sliced
mozzarella cheese, thinly sliced

In a food processor blend olive oil, pine nuts and garlic. Add olives and blend until smooth. Serve at room temperature with baguette of bread. Top with a slice of mozzarella cheese and broil until melted.

"This is a quick, simple appetizer for garlic lovers. It is surprisingly spicy and very tasty."

Lynda Waugh **San Marcos Junior High School, San Marcos, CA**

PARTY CHEESEBALL

Serves 12 - 15

2 (8 ounce) packages cream cheese
1 (10 ounces) package extra sharp cheddar cheese, grated
1 medium onion, chopped
1 teaspoon salt
1/2 teaspoon pepper
1 cup walnuts, chopped

Place cream cheese, cheddar cheese, onion, salt and pepper in a large bowl. Mix together and place in refrigerator to harden, about 30 minutes. Shape into a ball and roll in chopped nuts.

"Easy to make, and is a great holiday gift."

Ruth Liebelt **Reedley High School, Reedley, CA**

PESTO CHEESE TOWER

Serves 20 - 25

1 1/2 pounds cream cheese, softened to room temperature
1 1/2 pounds unsalted butter, softened to room temperature
8 ounces pesto (fresh or commercial)
Fresh basil sprig
cheesecloth
mold (fancy jello mold or bread pan, or clean flower pot)

Mix cream cheese and butter until smoothly blended with an electric mixer or food processor. Cut two 18" squares of cheesecloth; moisten with water, squeeze dry, stack flat. Carefully line the chosen mold, drape excess sides over mold. Spread 1/8 of the cheese mixture into the lined mold, using a spatula or your fingers. Cover evenly with smaller amount of pesto. Repeat until mold is filled, finishing with cheese layer. Fold ends of cloth over top layer and press lightly to compact. Refrigerate until your tower feels

firm, about 1 to 1 ½ hours (not longer). Unfold, pull cheesecloth away from the last layer of cheese, and invert mold on serving plate. Gently pull mold and cheesecloth away. The fold lines from the cheesecloth will show. If made ahead, cover at this stage with plastic wrap and refrigerate up to 5 days. Garnish with fresh basil sprig, serve with bread sticks, baguette rounds, crackers or vegetables.

Sally Paul **Winters High School, Winters, CA**

PINEAPPLE PLATTER

Serves 12

1 ripe pineapple

Slice off top of pineapple ½" below base of leaves. Place in center of a 12" platter. Cut remaining pineapple in half lengthwise. Cut each half again to make a total of 4 lengthwise wedges. Carefully cut pineapple off each wedge of skin. Cut each wedge of fruit into ½" slices and return to the wedge of skin. Arrange the four wedges of cut pineapple around the leaves on the platter. Serve with toothpicks.

"Can be served with other colorful fruits as a garnish."

Jeanette Woll **Antelope Valley High School, Lancaster, CA**

PRETZEL SNACK

Serves 10

1 package "fat" sourdough pretzels
1 package Hidden Valley Ranch dressing mix
1 cup oil
½ to 1 teaspoon garlic salt
1 tablespoon dill
1 teaspoon lemon pepper

Break pretzels into one-inch pieces. In large bowl, mix together the dressing mix, oil, garlic salt, dill and lemon pepper. Toss pretzel pieces with mixture until well coated. Spread on a cookie sheet and bake at 325 degrees for 10 minutes. Turn pretzels and continue baking for 10 minutes more.

"Great Super Bowl snack! My dear friends, Pam and Phyllis, gave this to me."

Millie Deeton **Ayala High School, Chino Hills, CA**

RELISH-STUFFED TOMATOES

Serves 10 - 15

40 cherry tomatoes, approximate
1 (4 ounce) can green chiles, finely chopped
2/3 cup celery, finely chopped
3 tablespoons green onions, finely chopped
3 tablespoons wine vinegar
1 teaspoon sugar
salt to taste

Cut a thin slice off top of each tomato; scoop out inside (a grapefruit knife helps). Make relish by combining chiles, celery, green onion, wine vinegar, sugar and salt. Stuff tomatoes and chill.

"Great finger food for stand-up parties."

Marilyn Tam **Orange Glen High School, Escondido, CA**

SALMON CHEESE BALL

Serves 12 - 16

1 (16 ounce) can salmon
1 (8 ounce) package cream cheese, softened
1 tablespoon lemon juice
2 teaspoons lemon peel, grated
1 teaspoon horseradish
1/4 teaspoon hickory smoked salt
3 tablespoons fresh parsley
1 small bag pecans, minced

Drain juice from salmon; combine with all ingredients except nuts and mix well. Shape into ball. Roll in nuts and chill. Serve with your favorite canape' crackers and enjoy.

"This recipe was given to me by a friend, Pat Anger, and enjoyed by all on many occasions."

Amber Bradley **Granite Hills High School, El Cajon, CA**

SEAFOOD VEGETABLE SPREAD

Makes 12

2 (8 ounce) packages cream cheese, softened
1 (8 ounce) container sour cream
1 package Mrs. Grass Vegetable Recipe Soup and Dip Mix
3/4 cup cocktail sauce
1 (6 ounce) can white crab meat, rinsed, drained and chilled
1 can shrimp, rinsed

In large mixer bowl, beat softened cream cheese until fluffy. Beat in sour cream and dip mix. On serving plate, spread cheese mixture into circle. Chill at least 1 hour. Just

before serving, top with cocktail sauce, then crabmeat. Serve with crackers. Refrigerate leftovers.

"This has become a favorite treat for the holidays."

Sally McMullen **Rhodes Junior High School, Mesa, AZ**

SHRIMP APPETIZER PLATTER

Serves 12

1 (8 ounce) package cream cheese, softened
1/2 cup sour cream
1/4 cup mayonnaise
2 (4 1/2 ounce) cans shrimp, broken
1 cup seafood sauce
2 cups mozzarella cheese, grated
1 green pepper, chopped
3 green onions, chopped
1 large tomato, chopped
1 small can olives, sliced

Combine cream cheese, sour cream and mayonnaise in small bowl. Spread on the bottom of a 12" pizza pan. Drain and rinse shrimp. Scatter shrimp on cheese layer; cover shrimp with seafood sauce. Layer one by one with mozzarella cheese, green pepper, green onion, tomatoes and olives. Cover and chill. Serve with assorted crackers.

"Thanks to my mom for another delicious recipe. It looks and tastes great!"

Maria Montemagni **Strathmore High School, Strathmore, CA**

SMOKED SALMON SPREAD

Serves 4

8 ounces cream cheese
7 ounces smoked salmon
3 tablespoons mayonnaise
2 tablespoons onion, minced
3 tablespoons lemon juice
1 tablespoon green onion, chopped
few drops liquid smoke
dash salt
dash pepper
crackers or baquettes of bread for dipping

Soften cream cheese at room temperature. Crumble smoked salmon. Blend all ingredients in a medium bowl. Shape into a ball to serve or leave in a small bowl. Can spread on your choice of crackers or thinly sliced baguette of bread.

"Easy and fast - can be done the day before."

Linda Hsieh **Rowland High School, Rowland Heights, CA**

SPINACH ROLL-UPS

Serves 8 - 10

2 (10 ounce) packages frozen spinach, chopped, thawed
6 green onions, chopped
1/2 jar crushed bacon bits
1 cup sour cream
1 cup mayonnaise
1 package Hidden Valley Ranch dressing mix
1 package large flour tortillas

Squeeze water out of spinach. Combine with green onions, bacon bits, sour cream, mayonnaise and dressing mix. Spread a thin layer on each of the flour tortillas. Roll up tortillas and refrigerate at least 6 hours. Slice into 1/2" sections (bite sized).

"Worth every gram of fat!"

Peggy Herndon **Central Valley High School, Central Valley, CA**

STUFFED CHINESE SNOW PEAS

Makes 24

1 pound snow peas
8 ounces light cream cheese
1/2 pound bay shrimp
1 tablespoon lemon juice
1/4 teaspoons Fines herbs

Wash snow peas and split lengthwise; remove stems. Combine the rest of the ingredients in a bowl. Lightly stuff each snow pea, being careful not to split.

"Elegant yet easy!"

Anne Silveira **Shasta High School, Redding, CA**

SUPER BOWL SANDWICHES

Serves 10 - 15

2 (18") loaves French bread
mustard
1 - 2 pounds assorted luncheon meats
1/2 - 3/4 pound assorted cheese, sliced
1 cup alfalfa sprouts
1 bermuda onion, thinly sliced
1 - 2 tomatoes, thinly sliced
1 red bell pepper, thinly sliced
1 gold bell pepper, thinly sliced
Italian dressing

Slice bread in half lengthwise and hollow upper half of bread; spread mustard on bottom. Layer meats and cheese on bottom. Spread alfalfa sprouts on top half, then layer onion, tomatoes and peppers. Sprinkle with Italian dressing and season with salt and pepper. Close sandwich and wrap with colored plastic wrap (colors can match your favorite team!). Place long wooden picks through the sandwich. Place on cutting board and cut the first three slices, and the crowd will continue to help themselves.

"A great sandwich for your party buffet table!"

Elizabeth DeMars **West Hills High School, Santee, CA**

SUSAN'S BUGLE BITES

Serves 12

1 (8 ounce) package cream cheese
1 small (4 ounce) can diced green chiles
1 box "Bugles" snack crackers

Soften cream cheese to room temperature. Mix in green chiles and the liquid in the can. Push mixture into Bugles crackers with a small knife or spoon. Arrange on serving plate in a circular manner, starting at the outside and working in. Keep refrigerated until ready to serve.

"Easy, fast, and fun to eat. Kids really like the shape."

Susan Pearson **Lincoln High School, Stockton, CA**

TORTELLINI WITH PARSLEY-CAPER SAUCE

Makes 50 tortellini

½ pound small tortellini, fresh or frozen, meat or cheese filled
½ cup olive oil + more for tossing
1 clove garlic
2 tablespoons sunflower seeds
1 ounce Parmesan cheese, grated
2 tablespoons capers
¾ cup parsley, tightly packed, flat leaf
salt and pepper

In a large pot of boiling, salted water, cook tortellini until just done, about 8 minutes. Drain, rinse with cold water, and toss with a little olive oil if not serving at once. In a food processor, drop garlic clove in and whir 10 seconds; add sunflower seeds, grated cheese, capers and parsley and whir to a coarse puree. With machine running, add ½ cup olive oil in a thin stream. Season to taste with salt and pepper. In a saucepot, combine tortellini with sauce and toss to coat; heating through. Pour into a warm, shallow bowl to serve. Skewer several tortellini with toothpicks or small skewers and provide additional picks or skewers on the side for the remaining tortellini.

"Can also be used for a cold pasta dish."

Pat Curtis **Ensign Junior High School, Newport Beach, CA**

TUNA PUFFS

Serves 10 - 12

1/4 cup butter
1/2 cup boiling water
1/2 cup flour
pinch of salt
2 eggs
1 (6 ounce) can tuna
1 (3 ounce) package cream cheese
1 tablespoon mayonnaise
1/2 teaspoon soy sauce
pinch of salt, to taste
1/4 teaspoon garlic powder
1/4 teaspoon celery powder
1/4 teaspoon onion powder

Heat butter and water to boiling point. Sift flour and salt together. Add flour mixture at once to the boiling water and stir vigorously. Cook and stir batter until it leaves the sides of the pan. Remove from heat and cool slightly. Add unbeaten eggs, one at a time, beating well after each egg. Drop batter into 1 inch rounds onto slightly greased cookie sheet. Bake at 425 degrees for about 20 minutes, until puffed up and browned. Reduce heat to 350 degrees and bake for about 10 minutes more, with oven door cracked. Remove from oven and cool.

Break up tuna into small pieces. Mash cream cheese into tuna. Combine remaining ingredients and mix lightly. Fill cream puffs with mixture and use for appetizers.

"The puffs can be filled with either savory fillings or dessert fillings such as ice cream, custard, or whipped cream."

Shirley Wilcox **Burbank High School, Burbank, CA**

VEGETABLE APPETIZERS

Serves 10 - 12

2 packages crescent rolls
2 (8 ounce) packages cream cheese, softened
1 package Hidden Valley Ranch dressing mix
1 cup cheddar cheese, grated
1 cup broccoli, chopped
1 cup cauliflower, chopped
1 cup black olives, chopped
1 cup tomatoes, seeded and chopped
1/2 cup green onions, chopped

Flatten crescent rolls and place on cookie sheet. Bake 13 - 15 minutes at 375 degrees; let cool. Mix together cream cheese and dressing mix. Spread over cooled crescent rolls. Mix together lightly remaining ingredients and spread over cream cheese mixture. Cut into 1" - 2" squares and serve.

"A very colorful and yummy appetizer. There is no way to eat just one!"

Maria Fregulia **Credence High School, Susanville, CA**

VEGGIE PIZZA

Serves 16

2 (8 ounce) packages crescent dinner rolls
1 cup sour cream (low fat or fat free)
1 (8 ounce) package cream cheese, softened
1 teaspoon dillweed
1/4 teaspoon garlic salt
1 (1 ounce) package ranch style party dip
1 cup cauliflower, chopped
1 cup broccoli, chopped
1/2 cup carrot, shredded
1/2 cup celery, chopped
1/2 cup green and/or red pepper, chopped
1/2 cup radishes, finely sliced (optional)

Pat crescent roll dough into jellyroll pan. Let stand 5 minutes. Pierce with a fork. Bake at 350 degrees for 10 minutes; cool. Mix sour cream, cream cheese, dillweed, garlic salt and dip mix. Spread on top of cooled crust. Press vegetables on top of creamed mixture. Chill, covered. Cut into squares.

"There are never any leftovers when I fix this."

Glenell Fuller **Glendora High School, Glendora, CA**

WISCONSIN CHEESE FRUIT KABOBS AND VEGETABLE WRAPS

Serves 12 - 16

8 ounces Wisconsin Colby cheese, cubed
apple chunks
grapes
dates
8 ounces Wisconsin Swiss cheese, cubed
melon chunks
orange sections
4 ounces Fontina cheese
pineapple chunks
strawberries
4 ounces Wisconsin Asiago cheese, thinly sliced
4 ounces Wisconsin Provolone cheese, thinly sliced
zucchini strips
sweet red pepper strips

Make fruit kabobs by alternating Wisconsin Colby cheese, Swiss cheese and Fontina cheese cubes alternately with fruit chunks on individual skewers. For Vegetable Wraps, wrap Wisconsin cheese slices around vegetable strips. Arrange skewers and wrapped vegetables on serving platter.

Wisconsin Milk Marketing Board **Madison, WI**

Hot Appetizers

ARTICHOKE NIBBLES

Makes 6 dozen

2 (6 ounce) jars marinated artichoke hearts
1 small onion, finely chopped
1 garlic clove, minced
4 eggs
1/4 cup firm dry bread crumbs
1/4 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon oregano
1/8 teaspoon chili powder
2 cups sharp cheddar cheese, shredded
2 tablespoons parsley, minced

Drain marinade from 1 jar of artichokes into frying pan. Drain the other jar. Chop all artichokes; set aside. Add onion and garlic to frying pan and saute until onion is limp, about 5 minutes. In a bowl, beat the eggs with a fork. Add the crumbs, salt, pepper, oregano and chili powder. Stir in cheese, parsley, artichokes and onion mixture. Turn into a greased 7" x 11" baking pan. Bake at 325 degrees for 30 minutes. Let cool and cut into squares.

"Serve warm or cold. Either way - they are a crowd pleaser."

Linda Brayton **Grace Davis High School, Modesto, CA**

BACON WRAPS

Serves 6 - 8

6 slices bread
2 (3 ounce) packages cream cheese, softened
12 slices bacon, cut in half crosswise

Cut crusts off of bread; set aside. Cut bread slices in four squares. Spread about 1 teaspoon cream cheese over one half of each bread square. Fold bread in half over cream cheese and wrap with one bacon slice. Secure with a toothpick. Broil until bacon is crisp, turning frequently. Serve immediately. NOTE: This recipe is easily doubled or tripled.

"My friend, Mike, calls them fake rumaki and says it's hard to eat just one. My children beg for samples when I make the recipe for parties."

Diane Castro **Quartz Hill High School, Quartz Hill, CA**

BAKED BRIE WITH ALMONDS

Serves 10 - 15

1 wheel brie cheese, about 2 pounds
1 to 1 1/2 cups almonds, toasted, sliced
2 tablespoons unsalted butter

Preheat oven to 450 degrees. Remove rind from top and sides of brie wheel. Place in baking dish that can be used for serving. Toast almonds in butter on top of stove in skil-

let. Cover top of brie with toasted almonds, pressing so almonds will stick to cheese. Bake 4 - 5 minutes, until cheese melts. Serve with French bread of crisp crackers.

"Easy and can be prepared ahead of time and heated just before serving."

Nancy Hunyadi **Fullerton High School, Fullerton, CA**

BAKED STUFFED SHRIMP

Serves 4 - 6

1 package frozen crabmeat
1/2 stick butter
1 tablespoon Parmesan cheese
salt and pepper, to taste
8 - 20 milk crackers, crushed
12 - 16 large raw shrimp, cleaned, deveined

Steam crabmeat to defrost. Drain juice and save. Melt butter. Blend in crabmeat and Parmesan. Season to taste with salt and pepper. Gradually add crushed crackers. If mixture is too thick, thin with crab juice. Place mixture in shrimp, opened butterfly style. Bake at 375 degrees for 20 minutes.

"This recipe is from a Connecticut cousin who is a teacher in a Culinary Arts school."

Barbara Hansen **Montclair High School, Montclair, CA**

BARBECUED LIT'L SMOKIES

Serves a lot!!

1 cup brown sugar
1 cup brandy
1 jar chili sauce
1 large package Hillshire Farms Lit'l Smokies

Bring the first three ingredients to a boil in a saucepan. Add Lit'l Smokies and simmer for 5 minutes. Transfer to chafing dish or fondue pot for the party! This sauce is great with country style ribs - bake at 325 degrees, covered, for 2 hours.

"Wonderful and SO easy!"

Gail McAuley **Lincoln High School, Stockton, CA**

BATTER FRIED MUSHROOMS

Makes 36 - 48

2 cups flour
1 teaspoon salt
1 1/2 teaspoons garlic powder
1 teaspoon baking powder
1 1/2 cups beer
oil for deep frying
36 to 48 mushrooms

Combine flour, salt, garlic powder and baking powder in a medium bowl; add beer and whisk until smooth. Cover and chill 30 minutes. Whisk again and let stand in refrigera-

tor until ready to use. Clean mushrooms. Heat oil to 375 degrees. Holding mushroom by stem, dip into batter, covering cap. Fry until golden brown. Drain on paper towel to remove excess oil.

Judy Hevener **Porterville High School, Porterville, CA**

BEEF AND SHRIMP FILLED WONTONS

Serves 10-20

1 egg, beaten
1 cup bok choy or cabbage, chopped
1/4 cup green onion, finely chopped
2 tablespoons soy sauce
1 tablespoon ginger root, grated
1/4 teaspoon sugar
1/8 teaspoon salt
1/2 pound ground beef
1 (4 1/2 ounce) can shrimp, drained and chopped
40 wonton skins
3 cups (approx.) cooking oil for deep frying

Filling: In large mixing bowl combine egg, bok choy or cabbage, green onion, soy sauce, ginger root, sugar and salt. Add ground beef and shrimp, mix well. Place 2 teaspoonfuls of filling near corner of wonton skin. Fold the opposite corner over filling and press sides to seal. The wonton should form a triangle shape. Repeat process until all skins are used. Heat oil to 350 degrees. Carefully lower wontons into hot oil with a slotted spoon. Fry several wontons at a time for 2 - 3 minutes or until golden brown on each side. Drain on paper towel; serve warm.

"I bet you can't eat just one!"

Joanne Fial **East Middle School, Downey, CA**

BEEF & ROASTED PEPPER CROSTINI

Serves 18

3 tablespooons olive oil
2 large cloves garlic, pressed
2 (8 ounce) loaves French bread, cut into 1/2" thick slices
3/4 pound roast beef, thinly sliced
1 jar roasted red peppers, rinsed, drained and chopped

In 1 cup glass measure, combine oil and garlic and microwave on high 30 seconds. Lightly brush top side of each bread slice with oil mixture and arrange on two baking sheets. Bake in preheated 450 degree oven for 6 - 8 minutes or until lightly golden brown. Layer equal amounts of beef, pepper and cheese over each toasted slice. Bake for 2 - 4 minutes more or until cheese is melted. Serve immediately.

"This recipe is great because ingredients can be varied (like pizza) and you can come up with your own."

Val Herford **Mesa Intermediate School, Palmdale, CA**

BRANDIED BRIE

Serves

1/4 cup brown sugar
1/4 cup pecans, chopped
1 tablespoon brandy
1 (4") round of Brie
crackers

Mix together sugar, nuts and brandy. Place cheese on oven-proof plate and bake at 500 degrees for 4 - 5 minutes until cheese is soft. Mound sugar mixture over top. Bake 2 - 3 minutes more until sugar is melted. Serve on crackers.

"I found this recipe in a Canadian cookbook while on vacation in Calgary."

Anna Atkins — **Monache High School, Porterville, CA**

BRIE MELTS

Serves 6 - 8

Marinated sun-dried tomatoes
1 baguette of bread, sliced 1/4" thick
Pesto sauce
Brie, sliced thinly

Place baguette slices on a cookie sheet. Top with a thin layer of pesto, brie and top with sun dried tomato. Heat in oven at 350 degrees for 7 minutes, until brie slightly melts.

"Simple to do ahead and refrigerate for a day."

Joan Fabregue — **North High School, Torrance, CA**

BROILED CRAB MELTAWAYS

Makes 48

6 English muffins
1/2 cup margarine
2 tablespoons mayonnaise
1/4 teaspoon garlic salt
1 (6 1/2 - 7 ounce) can crabmeat
1 (5 ounce) jar Old English Sharp Cheddar

Slice English muffin halves into quarters. Arrange on cookie sheet. Mix remaining ingredients and spread on English muffin pieces. At this point, can be frozen and stored in a zip lock freezer bag for future use. When ready to use, place under the broiler until bubbly, puffy and slightly golden brown.

"Can use non-fat mayonnaise if you wish. I keep these in my freezer for unexpected times when guests drop by or are invited out, but need to bring something. Originally, a Texas recipe!"

Nancy Schoner — **Kraemer Middle School, Placentia, CA**

BUFFALO CHICKEN WINGS

Serves 8 - 12

24 broiler-fryer chicken wings
1 teaspoon salt
1/4 teaspoon freshly ground black pepper
4 cups vegetable oil
4 tablespoons butter
4 tablespoons bottled red hot sauce
1 tablespoon + teaspoon white vinegar, divided
1 cup mayonnaise
2 tablespoons onion, finely chopped
1 teaspoon garlic, finely minced
1/4 cup parsley, chopped
1/2 cup sour cream
1 tablespoon lemon juice
1/4 cup blue cheese, crumbled
celery sticks

Place each chicken wing on a cutting board and cut off tip at first joint; discard tip or save for stock. Cut remaining wing into two parts at the joint. Sprinkle chicken with salt and pepper. In deep fryer or heavy saucepan, place oil and heat to high temperature. Add half the wings and cook, stirring occasionally, about 10 minutes, or until golden brown and crisp. Remove chicken from oil and drain on paper towels. Cook remaining wings, repeating process. While chicken is cooking, place butter in small saucepan and melt over medium temperature; add red hot sauce and 1 teaspoon white vinegar. Pour sauce over wings. Prepare dressing in medium bowl by combining remaining ingredients including the 1 tablespoon white vinegar (except celery sticks). Mix well and chill in refrigerator for about 1 hour. Serve wings with bowl of Blue Cheese Dressing for dipping, along with celery sticks.

National Broiler Council **Columbia, SC**

BUFFALO FIRE CHICKEN WINGS

Serves 6 - 8

3 pounds chicken wings
oil, for frying
1/2 cup margarine
1/2 - 3/4 cup hot pepper sauce
2 (6 ounce) packages dry Italian Salad Dressing Mix
2 tablespoons lemon juice
1/2 teaspoon dry basil
Bleu Cheese dressing
celery sticks
carrot sticks

Fry chicken wings in oil until done. Melt margarine and stir in remaining ingredients. Coat cooked chicken with sauce. Bake 10 minutes in 350 degree oven. Serve with Bleu Cheese dressing, celery and carrot sticks.

Bonnie Shrock **Kearny High School, San Diego, CA**

BUFFALO RIBS

Serves 8

2 pounds baby back pork ribs
2 tablespoons tabasco sauce
2 tablespoons butter, melted
2 tablespoons brown sugar
½ teaspoon onion powder
½ teaspoon garlic powder
2 teaspoons sesame seeds, toasted

Prepared Blue Cheese Dressing or Ranch DressingSeparate ribs with knife and set aside. Mix tabasco sauce, butter, brown sugar, onion and garlic powders in small bowl. Dip ribs into sauce mixture and place on baking sheet or jelly roll pan. Sprinkle with sesame seeds. Bake at 350 degrees for 40 - 50 minutes or until done. Serve ribs with dressing as a dip.

"These ribs are fun to do in winter, because they can be done in the oven instead of the barbecue."

Carole Jackson **Apple Valley High School, Apple Valley, CA**

CHEESE FILO TRIANGLES

Serves 20 - 25

5 eggs
8 ounces cheddar cheese, grated
8 ounces jack cheese, grated
8 ounces mozzarella cheese, grated
8 ounces ricotta cheese
1 package filo (phyllo) dough (about 30 sheets, 12" x 17")
1 pound butter, melted

Beat eggs slightly, then stir in the 4 cheeses. Lay a sheet of filo on work area and brush with melted butter. Repeat with 2 - 3 more sheets of dough, brushing with butter between layers. Cut the rectangle into 4 strips, 12"x 4 ¼". Put a rounded tablespoon of cheese-egg mixture at end closest to you then fold up diagonally (like a flag) to make a triangle. Brush the end with melted butter so it will stay closed. Place on a baking sheet with sides. Bake at 350 degrees for 30 - 40 minutes or until golden brown.

"Always a hit. Can be made ahead and frozen, then baked just before serving."

Shirley Marshman **West Middle School, Downey, CA**

CHESTNUT APPETIZER

Serves 6 - 8

4 - 5 strips bacon
1 can water chestnuts, whole
½ cup soy sauce
2 tablespoons brown sugar

Wrap a whole water chestnut in ½ (or less) bacon strip. Secure it with a toothpick. Marinate in a sauce made by combining soy sauce and brown sugar. Marinate for about

1 hour. This is enough marinade for 1 can of water chestnuts. Broil until bacon is cooked.

"For a variation, use Yoshida's Hawaiian Style Sweet & Sour Sauce."

Karen McCord **Lindsay High School, Lindsay, CA**

CHICKEN & ALMOND TURNOVERS

Makes 20 - 22

1 tablespoon butter or margarine
1/4 cup onion, chopped
5 garlic cloves, minced
1/2 chicken breast, boned, chopped
4 cherry tomatoes, seeded, chopped
1/2 teaspoon curry powder
1/4 teaspoon dried basil leaves, crumbled
1/8 teaspoon salt
1 tablespoon blanched almonds, finely chopped
appetizer pastry or pie dough of choice

In a medium skillet, melt butter or margarine; add onion, garlic and chicken. Cook and stir over medium heat about 5 minutes. Stir in tomatoes, curry powder, basil and salt. Simmer over medium heat until flavors blend, about 5 minutes. Stir in almonds; set aside to cool slightly. Preheat oven to 400 degrees. Roll out pastry to 1/8" thick on lightly floured board. Cut pastry into 3" circles. Place 1 1/2 teaspoons chicken mixture on one side of each circle. Fold other half of circle over chicken mixture. Press edges with tines of fork to seal. Arrange on ungreased baking sheet or in a 13" x 9" baking pan. Bake about 15 minutes until browned.

Edith Novascone **Burroughs High School, Ridgecrest, CA**

CHICKEN AND SPAGHETTI

Serves 6 - 8

1 pound spaghetti
chicken pieces, cut up
1 medium onion, chopped
2 tablespoons oil
2 tablespoons vinegar
2 tablespoons brown sugar
1/4 cup lemon juice
1 cup catsup
3 tablespoons worcestershire sauce
1/2 teaspoon dry mustard
1 cup water
salt and pepper to taste

Brown onion in 1 tablespoon oil. Add vinegar, brown sugar, lemon juice, catsup, worcestershire sauce, dry mustard, water and salt and pepper; simmer 30 minutes. Brown chicken pieces remaining oil. Prepare spaghetti according to package directions; drain. Place cooked spaghetti in bottom of casserole dish; top with chicken pieces; pour sauce over chicken and spaghetti and bake at 350 degrees for 1 hour.

"This is especially good the day after!"

Beth Leighton **Helix Union High School, La Mesa, CA**

CHICKEN MARBELLA

Serves 10 - 12

4 chickens, 2 1/2 pounds each, quartered
1 head garlic, peeled and finely pureed
1/4 cup dried oregano
coarse salt and freshly ground black pepper, to taste
1/2 cup red wine vinegar
1/2 cup olive oil
1 cup prunes, pitted
1/2 cup Spanish green olives, pitted
1/2 cup capers, with a bit of juice
6 bay leaves
1 cup brown sugar
1 cup white wine
1/4 cup Italian parsley or fresh cilantro, finely chopped

In a large bowl, combine chicken quarters with garlic, oregano, pepper, coarse salt (to taste), vinegar, olive oil, prunes, olives, capers and juice and bay leaves. Cover and let marinate, refrigerated overnight. Preheat oven to 350 degrees. Arrange chicken single layer in one or two large shallow baking pans and spoon marinade over it evenly. Sprinkle chicken pieces with brown sugar and pour white wine around them. Bake for 50 minutes to 1 hour, basting frequently with pan juices. Chicken is done when thigh pieces pricked with a fork at their thickest, yield clear yellow (not pink) juices. With a slotted spoon, transfer chicken, prunes, olives and capers to a serving platter. Moisten with a few spoonfuls of pan juices and sprinkle generously with parsley or cilantro. Pass remaining pan juices in a sauceboat. To serve chicken cold, cool to room temperature in cooking juices before transferring to a serving platter. If chicken has been covered and refrigerated, allow it to return to room temperature before serving. Spoon some of the reserved juice over chicken.

"This is a wonderful party dish! I serve it every summer at my annual Labor Day party. It's good hot or at room temperature. It always gets lots of compliments."

Bonnie Jenuine **Carpinteria Middle School, Carpinteria, CA**

CHILE CHEESE WON TONS

Makes 50

2 tablespoons green chiles, minced (Ortega brand)
1 cup Parmesan cheese
4 ounces cream cheese
1 egg yolk
50 wonton wrappers
oil, for frying

Combine chiles, Parmesan and cream cheese and egg yolk; chill for 30 minutes (this makes it easier to handle). Fill the wonton skins with a teaspoon of filling in the center of wrapper. Moisten one half of the wrapper edge with water. Fold over, pressing firmly around edges. In an electric fry pan or deep fryer, heat oil to 375 degrees. Fry wonton a

few at a time until lightly browned. Drain on paper towels and serve immediately with salsa or taco sauce for dipping.

"You can make these ahead and freeze. To reheat, place in microwave until hot."

Donna Love **Pinon Mesa Middle School, Phelan, CA**

CHILI CHEESE SUPREME

Serves 6 - 8

1 loaf round sourdough bread, unsliced
1 pound mild cheddar cheese, shredded
1 pound Monterey jack cheese, shredded
1 (8 ounce) jar green chile salsa (or more to taste)
1 (4 ounce) can green chiles, diced

Slice top from bread and hollow out, reserving pieces for dipping. Layer half the cheese, half the salsa and half the chiles, repeat layers. Replace bread top and wrap loaf completely in foil. Bake on a cookie sheet at 350 degrees for 2 hours. Serve hot with reserved bread dippers, raw vegetables or tortilla chips.

"Even the bread "bowl" will disappear when you serve this. Everyone loves it!"

Penny Niadna **Golden West High School, Visalia, CA**

CINDY'S CHINESE MEATBALLS

Makes 75

1 cup brown sugar
2 tablespoons cornstarch
1 cup bouillon
1/2 cup cider vinegar
2 tablespoons soy sauce
1/3 cup green pepper, diced
1 (8 1/2 ounce) can pineapple, crushed, with juice
1 1/2 pounds lean ground beef
3/4 cup oatmeal
1 (5 ounce) can water chestnuts, drained and chopped
1 teaspoon MSG (optional)
1/2 teaspoon onion,
1/2 teaspoon garlic powder
3/4 teaspoon salt
1 tablespoon soy sauce
1 egg, beaten
1/4 cup milk
dash tabasco sauce
***Optional ingredients: pineapple chunks, green pepper, carrot*

Sauce: Heat brown sugar, cornstarch, bouillon, vinegar and soy sauce to boiling, stirring constantly. Boil for 1 minute. Remove from heat and add green pepper and crushed pineapple; set aside.

Meatballs: Combine beef, oatmeal, water chestnuts, MSG, onion and garlic powder and salt, soy sauce, egg, milk and tabasco sauce; shape into cocktail size meatballs, about 1"

in diameter. Bake at 375 degrees for 7 minutes. Add meatballs and pan juices to sauce. At this point you may add optional ingredients. Serve warm with toothpicks.

"These are delicious! Can be made in advance and frozen. Leftovers can be served over rice for family dinner. Kids love 'em too!"

Cindy Benting **West Valley High School, Cottonwood, CA**

CRAB BREAD

Serves 10 - 12

butter, softened
1 loaf sweet French bread, split in half lengthwise
1 can crab meat
1 cup mayonnaise
garlic powder, to taste
2 cups sharp cheddar cheese, grated (more, if desired)

Preheat oven to 350 degrees. Spread butter on both halves of French bread. Combine crab meat with mayonnaise and garlic powder. Top buttered bread with crab meat mixture. Sprinkle with grated cheese. Put both halves on cookie sheet and bake for approximately 20 minutes until cheese is melted, bubbly and it is golden brown, being careful not to burn the cheese. Cut into 2" slices the width of the bread.

Lois Borba **Gustine High School, Gustine, CA**

CRABMEAT QUICHE

Serves 6

1 9" unbaked pastry shell
4 eggs
1 1/2 cups light cream or half & half
1 envelope Lipton Recipe Secrets Savory Herb With Garlic Soup Mix
1 cup crabmeat, flaked
1 - 2 tablespoons dry sherry
2 cups Swiss cheese, shredded

Preheat oven to 400 degrees. Bake pastry shell 10 minutes; remove from oven and reduce oven temperature to 375 degrees. In a large bowl, beat eggs. Blend in cream, soup mix, crabmeat and sherry. Sprinkle cheese in pastry shell; pour in egg mixture. Bake 40 minutes or until knife inserted in center comes out clean and pastry is golden. Garnish, if desired, with orange slices, grapes and fresh herbs. Serve hot or cold.

"This recipe was given to me by a very special friend and retired Home Economics' teacher, Thelma Truss."

Darlene V. Brown **Golden Valley Middle School, San Bernardino, CA**

CRAZY MEATBALLS

Serves 12 - 15

4 pound bag meatballs, frozen
12 ounce jar grape jelly
2 cans HOT Hormel Chili - No Beans

Heat oven to 350 degrees. Place frozen meatballs on cookie sheet and bake for 20 minutes. In a crockpot set on high, put jelly and chili in and cover. When meatballs have cooked, place in sauce in crockpot. Stir, cooking on high for 30 minutes. Turn down to low and cook for another 30 - 60 minutes, depending when you want to serve. Stir frequently. Meatballs can simmer in crockpot as long as you want.

Elaine Kelley **Durango High School, Las Vegas, NV**

CREAMY PARMESAN FONDUE

Serves 8 - 10

1 1/2 cups milk
2 (8 ounce) packages cream cheese, softened
1/2 teaspoon garlic salt
1/2 teaspoon parsley flakes
3/4 cup Parmesan cheese, grated

With an electric mixer, mix milk and cream cheese until well blended. Pour into saucepan and heat slowly. Add garlic salt and parsley. Slowly add Parmesan cheese, stirring until smooth. Pour into fondue pot. Serve with toasted bread cubes.

"My students and family's all time favorite."

Sally Oxford **Monache High School, Porterville, CA**

CRISP FRIED WUN TUN

Makes approx. 80

1/2 pound ground pork
1/4 pound ground ham
1 tablespoon fat
1/4 cup green onions, minced
2 tablespoons parsley, minced
1/4 cup water chestnuts, minced (may substitute celery)
1 tablespoon fresh ginger, grated
1/2 teaspoon sugar
1/2 teaspoon soy sauce
1/2 teaspoon Accent
1 egg, slightly beaten
1/2 pound Wun Tun or Won Ton skins
3 cups oil, for frying

Fry meat in 1 tablespoon fat until nearly done. Add minced vegetables to meat. Add ginger, sugar, soy sauce and Accent to egg and stir into meat-vegetable mixture; cool. Place about 1/2 to 1 teaspoon of this mixture on to 1 square of wun tun dough and fold, won ton style by folding opposite corners together, then remaining corners together, forming a lit-

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tle "pouch". Moisten edges with water to seal. Fry in deep fat at 375 degrees until golden brown. Drain on paper towels. Serve as an appetizer with Sweet and Sour Sauce.

"This recipe was acquired when I attended the Foods of the Pacific summer school class at the University of Hawaii."

Nancy Jordon **Merced High School, Merced, CA**

CROSTINI WITH ASSORTED TOPPINGS

Makes 24

narrow French bread
olive oil
2 cloves garlic, cut in half
Sun dried tomato spread or tomatoes, about size of crostini
1 cup mozzarella cheese, shredded or thinly sliced
fresh basil or oregano leaves , chopped
1 (6 ounce) jar marinated artichoke hearts, drained and chopped
1 cup mozzarella cheese, or mild cheddar cheese, shredded
1 clove garlic, crushed
2 teaspoons fresh oregano or 1/2 teaspoon dried
2 tablespoons mayonnaise (optional)
1/2 cup Parmesan cheese, freshly grated

Cut French bread into 3/8" slices. Brush each slice with olive oil. Place slices in a single layer on a baking sheet. Bake until golden brown, about 5 - 7 minutes. Remove from oven. Rub each toasted side with cut side of garlic. Crostini may be served as is or with one of the toppings.

For Tomato Topping: top crostini and bake at 350 degrees for 5 - 7 minutes, until cheese melts. For Artichoke Topping: mix all ingredients, except Parmesan cheese and top crostini with 1 heaping teaspoon of mixture; sprinkle with Parmesan cheese and bake at 350 degrees for 5 - 10 minutes. Serve immediately.

NOTE: To prepare basic crostini ahead of time, prepare, cool and store airtight or freeze. Thaw before using. When ready to use, heat a few minutes in the microwave to serve as is or add toppings and then heat.

"Use your imagination and create your own toppings of crab, tuna, chicken, liver pate, chicken liver, etc.

Sharon Turner **El Dorado High School, Placentia, CA**

CROUTONS DE BORDEAUX

Serves 10

6 - 8 ounces walnuts, ground
6 - 8 ounces blue cheese, crumbled
1 loaf cocktail rye, wheat or white bread

Mix ground walnuts with blue cheese to form a spread. Spread on bread. Broil until golden brown and bubbly, watching carefully to avoid burning.

"I copied this idea from a little French restaurant and improvised. Wonderful before dinner or served alongside a green salad."

Deborah Scott-Toux **Eisenhower High School, Rialto, CA**

CURRY-GLAZED SESAME WINGS

Makes about 18

1/4 cup sesame seeds
2 tablespoons butter or margarine, melted
1/2 cup honey
1 teaspoon salt
1 teaspoon curry powder
18 chicken wings

Toast sesame seeds until golden. In small bowl, stir together butter, honey, salt and curry powder. Set oven on Broil. Arrange chicken wings on broiler pan and broil 4" from heat, turning once, for 15 minutes. Baste wings with honey mixture and continue cooking, turning and basting occasionally until done, about 15 minutes more. Sprinkle with sesame seeds. Serve hot.

"This is one of my family's favorite recipes from Sunset's Favorite Recipes. It's very tasty, and it is a nice change from buffalo wings."

Irene Joe **Downey High School, Modesto, CA**

DATE CHEESE NUGGETS

Makes 40 - 50

1 package dates, pitted
1/2 package sharp cheddar cheese
1 package bacon
1 box round toothpicks

Cut cheese into small narrow slices to fit inside pitted date hole. Inside of each date, insert cheese. Cut bacon slices into thirds. Wrap each date with enough bacon to cover date. Fasten bacon with a toothpick. Place each date on wire cooling rack, placed over pan to catch drippings. Bake at 375 degrees for approximately 15 - 20 minutes, until bacon is crisp. Transfer to serving plate or store covered. Reheat later in microwave to serve hot.

"This appetizer is a great man pleaser. Allow enough time to stuff and wrap dates, 15 - 20 minutes. This can be prepared the day before then baked when desired."

Margaret Crouse **Bloomington High School, Bloomington, CA**

EIGHT-FOOT PARTY BURRITO

Serves 24

1 12" wide board, 9 feet long, covered with aluminum foil
4 pounds lean ground beef
1 (8 ounce) can tomato sauce
1 teaspoon cumin
28 - 30 (12 inch) flour tortillas
2 (28 ounce) cans refried beans
1 head lettuce, finely shredded
3 pounds cheddar cheese, grated
12 green onions, thinly sliced
8 medium tomatoes, finely chopped
2 (12 ounce) jars La Victoria Salsa
2 (32 ounce) containers dairy sour cream
Guacamole Victoria (see recipe)
3 (2.25 ounce) cans ripe olives, sliced, drained

Place foil covered board on flat surface. Prepare meat filling: in 2 Dutch ovens or large skillets, brown ground beef; drain well. In one pan, combine cooked beef with tomato sauce and cumin; simmer, covered for 10 minutes. Heat refried beans in large saucepan or Dutch oven, about 10 minutes or until warmed through. Meanwhile, heat tortillas: wrap tortillas in foil, making two packages. Heat in 350 degree oven for 15 to 20 minutes or until heated through. Arrange tortillas on foil, leaving 6 inches on each end of board, overlapping tortillas in two rows of 14 or 15 tortillas. (Arrangement will resemble a long double-strand necklace.) Spread refried beans in a line down center of double row. Spoon meat mixture over refried bean layer. Sprinkle on lettuce, cheese, onions and tomatoes. Spoon one jar La Victoria Salsa over filling. Spoon half of the sour cream over salsa. Roll up tortillas, first folding over top side, then bottom side, pressing gently onto filling. (Everyone helps with this step.) Top with Guacamole Victoria, sour cream and sliced olives. Cut burrito crosswise into 3" or 4" pieces. Serve any remaining ingredients as toppings for guests to add themselves.

"Our Foods & Nutrition Classes taste test recipes for La Victoria Foods as part of their S.T.A.R.T. Program (Student Taste and Recipe Testing Program). This is a wonderful recipe for a party - everyone can participate in the assembly. This recipe is compliments of La Victoria Foods, Inc."

Barbara Hansen **Montclair High School, Montclair, CA**

FOCACCIA BREAD

Makes 24 squares

1 package dry yeast
1 cup warm water
2 teaspoons sugar
1/4 teaspoon salt
1/4 cup olive oil
2 2/3 to 3 cups all purpose flour
1/2 cup fontina cheese, grated
1/2 cup gorgonzola cheese, crumbled
1/4 cup fresh basil leaves, thinly sliced
1/4 cup red or yellow bell peppers, roasted, skinned and thinly sliced

In a large bowl, sprinkle yeast over warm water and let stand for 5 minutes. Stir in sugar, salt and oil. Add 2 cups flour and mix to blend. Beat an additional 5 minutes (an electric mixer or food processor can be used). Stir in about ⅔ cup more flour to make a soft dough. Add extra flour if needed. Turn out dough on a lightly floured board. Knead until smooth, about 6 minutes. Place in greased bowl and let rise for 45 minutes or until doubled in size. Punch dough down. Roll out to fit a 12" x 17" jelly roll pan. Place in pan; sprinkle surface with cheese, basil and peppers. Let rest for 15 minutes. Bake at 375 degrees for 15 - 18 minutes. Cut into 24 squares. Serve warm.

"Even though this is a bread, it makes a great appetizer."

Betty Wells **Oroville High School, Oroville, CA**

GREEN ONION CANAPES

Serves 8 - 10

1 cup cheddar cheese, grated
1 small can olives, chopped
6 green onions, chopped
6 tablespoons mayonnaise
dash worcestershire sauce
½ teaspoon curry powder
baguette French bread or buffet rye slices
Parmesan cheese
paprika

Combine first six ingredients together in medium bowl. Spread on slices of bread. Sprinkle with Parmesan cheese and paprika over all. Broil until topping bubbles.

"Doubles as a soup accompaniment."

Linda Pearson **Mt. Diablo High School, Concord, CA**

HOT CHICKEN WINGS

Serves 8 - 10

2 pounds chicken wings
1 cup soy sauce
1 cup Lea & Perrins worcestershire sauce
1 cup brown sugar
½ teaspoon garlic salt

Mix soy sauce, worcestershire sauce, brown sugar and garlic salt together. Lay chicken wings in flat baking dish. Cover chicken wings with sauce. Bake at 350 degrees for 1 hour, turning every 20 minutes.

"Good and easy!"

Dianne Sheats **Gridley High School, Gridley, CA**

HOT CRAB FONDUE

Serves 10 - 12

1 pound Velveeta cheese
½ cube butter
1 (6½ ounce) can crab meat
½ can El Patio brand hot tomato sauce
½ cup Swiss cheese, grated
½ cup longhorn cheese, grated

Combine all ingredients in a fondue pot and heat until cheese is melted; stir and serve warm.

Marjorie Brown **Cabrillo High School, Lompoc, CA**

HOT GOAT CHEESE & GARLIC BREAD

Serves 24

3 cloves garlic
4 ounces goat cheese, softened
1 tablespoon olive oil
1 thin loaf sourdough French bread

In the morning, peel and crush garlic. Place in a small ovenproof glass or ceramic dish or crock. Fill the dish with the goat cheese, smoothing down on top. Pour the olive oil over the top and spread. Cover the dish with plastic wrap and refrigerate until half hour before serving. Remove the plastic wrap and bake the goat cheese at 350 degrees for 30 minutes or until hot and bubbly. Remove from oven and stir to incorporate the oil, but not deep enough to upset the garlic. Allow to cool for 10 minutes before serving. Slice the bread ½" thick and brush very lightly with olive oil. Toast until lightly golden. Serve on a platter with the crock of goat cheese.

"Quick and easy and so delicious."

Gerry Banicevich **Cordova High School, Rancho Cordova, CA**

HOT OLIVE CHEESE BALLS

Makes 24+

1 cup sharp cheese, grated
3 tablespoons butter, softened
½ cup flour
¼ teaspoon salt
½ teaspoon paprika
24 stuffed olives

Blend cheese and butter; stir in flour, salt and paprika and mix well to form a dough.. Wrap 1 teaspoon cheese dough around each of the stuffed olives, completely covering. Freeze. Bake on ungreased cookie sheet at 400 degrees for 10 - 15 minutes. Serve warm.

"I leave these in the freezer until 10 minutes before I want to serve them. They're always a hit!"

Rosemary H. Ross **North High School, Bakersfield, CA**

HOT POCO PEPPER SNACKS

Serves 6 - 8

1 (3 ounce) package cream cheese
1/2 cup cheddar cheese, shredded
2 tablespoons green chile, diced (Ortega brand)
2 tablespoons ripe olives, minced
1 teaspoon instant onion
4 drops tabasco sauce
1 can Pillsbury Crescent Rolls

In small mixing bowl, blend cream cheese, cheddar cheese, green chiles, olives, instant onion and tabasco sauce. Separate rolls into 4 rectangles. Spread cheese mixture on each rectangle. Start on long side. Roll up each rectangle in jelly roll fashion. Cut each roll into 12 to 14 slices. Bake at 350 degrees for 20 minutes.

"Always a hit."

Roberta Hawkes **A.B. Miller High School, Fontana, CA**

HOT TOPPED POTATOES, TACO STYLE

Serves 4

4 potatoes
3/4 pound ground beef
1/2 onion, chopped
1/4 green pepper, chopped
1 (8 ounce) can tomato sauce
2 tablespoons green chiles, chopped
1/2 cup Monterey jack cheese, shredded
1/4 cup black olives, sliced
1 tomato, chopped
salsa, if desired

Scrub potatoes. Poke with fork. Place in microwave for 10 - 15 minutes on high power or bake in 400 degree oven for 45 - 60 minutes. Brown ground beef in skillet; drain grease. Return meat to skillet and add onions and green pepper. Cook until onions are transparent and green peppers are slightly soft. Add tomato sauce and green chiles; cook 5 minutes. Slash open cooked potatoes lengthwise. Divide the cheese and place inside the potato. Divide the meat mixture evenly among the potatoes. Top with chopped tomatoes and black olives. Top with salsa, if desired.

"A nutritious lunch, dinner or snack with all the food groups."

Toni Purtill **Basic High School, Henderson, NV**

LOWFAT CHIMICHANGAS

Serves 8 - 12

1 large onion, finely chopped
1/2 cup bouillon, beef or chicken
1 large can nonfat refried beans
1 cup salsa, heat of your choice
1 cup rice, cooked
1 cup nonfat sour cream
12 (6") flour tortillas

Saute onions in bouillon for 3 minutes in 2 quart saucepan. Add refried beans, salsa and rice. Simmer until warm to the touch. Add sour cream and remove from heat. Mix

thoroughly. Preheat 12" skillet to medium heat. Put 3 tablespoons mix into tortilla; fold into a burrito. Put in preheated skillet. Turn as each side browns slightly. Done when all sides are browned.

"Wonderful as a lowfat appetizer or as a meal. Less than 5 grams of fat per chimichanga. Good eating!"

Will Scarrow **Marshall Middle School, Long Beach, CA**

MANHATTAN CLAM LINGUINE

Serves 4

3 quarts water
1 teaspoon salt
2 (6 1/2 ounce) cans clams, minced, drained, liquid reserved
1/2 (16 ounce) package linguine
1/4 cup butter or margarine
2 tablespoons fresh parsley, chopped
1 tablespoon fresh basil, chopped OR
1 1/2 teaspoon dried basil
3/4 teaspoon fresh thyme, chopped OR
1/4 teaspoon dried thyme
3 cloves garlic, finely chopped
1/2 cup heavy whipping cream
1/4 cup chicken broth
1/4 cup Parmesan or Romano cheese, grated
chopped parsley, for garnish
tomato wedges, for garnish

Heat water, salt and reserved clam liquid to boiling in Dutch oven. Add linguine. Boil uncovered 8 - 10 minutes, stirring occasionally, just until tender; drain. Return to Dutch oven and toss with 2 tablespoons of margarine. Heat remaining 2 tablespoons margarine in 2 quart saucepan. Stir in parsley, basil, thyme, pepper, garlic and clams. Cook over medium heat, stirring constantly until clams are heated through. Stir in whipping cream and chicken broth. Heat through, stirring constantly. Pour clam mixture over linguine. Add cheese, toss with parsley and tomato wedges.

"A delicious recipe even my young daughter likes!"

Betty Byrne **VacaPena Middle School, Vacaville, CA**

MARINATED CHICKEN WINGS

Serves 6 - 8

25 chicken wings (approximate)
2/3 cup soy sauce
3 tablespoons honey
1/2 teaspoon ginger
1/2 teaspoon garlic juice or a clove garlic, pressed
1/2 cup pineapple juice

Split wings at joints; discard wing tips. Combine remaining ingredients and pour over wings. Marinate in shallow baking dish over night. Bake at 350 degrees for 1 hour in a single layer until browned, turning occasionally.

NOTE: These may be prepared in advance and frozen. Reheat at 250 degrees.

"These are a great, inexpensive appetizer for a large group - or for a family dinner."

Jan Hirth **Saddleback High School, Santa Ana, CA**

MEATBALLS

Makes 125

2 1/2 pounds ground round
1 pound sausage
2 cups soft bread crumbs
1/2 teaspoon garlic powder
3 eggs, beaten
1/3 cup water
1/4 cup parsley, chopped
salt and pepper to taste
3/4 teaspoon poultry seasoning
2 tablespoons butter
2 tablespoons flour
1/2 cup red wine
1 cup beef bouillon
salt and pepper to taste
1 cup sour cream

Mix all meatball ingredients together and roll in to 1" balls. Place on a cookie sheet and broil for 5 - 7 minutes or until meat loses pink in center. Set aside. Make sauce by melting butter in skillet over low heat. Add flour and stir for about 3 minutes until well blended. Slowly stir in wine and bouillon, stirring constantly to avoid lumps. Add salt and pepper to taste. Simmer and stir the sauce until it has thickened and is smooth and hot. After sauce has thickened, add meatballs. Add sour cream after the meatballs have heated through. Place in a chafing dish and sprinkle chives on top.

"Excellent and easy."

Gage Hewes **South Pasadena High School, South Pasadena, CA**

MUSHROOM SPINACH TORTA

Serves 30

4 cups steamed rice
1 yellow onion, chopped
1/2 pound mushrooms, sliced
1 tablespoon parsley, chopped
3 - 4 cloves garlic, crushed
1 cube butter or margarine
1/2 teaspoon salt
1/2 teaspoon pepper
1 package frozen spinach, chopped
4 eggs, beaten
1 cup + 3 tablespoons Parmesan cheese, grated
2 tablespoons mayonnaise
olive oil

Prepare steamed rice ahead and steam only 15 minutes; it should be al dente; set aside to cool. Saute onion, mushrooms, parsley and garlic in butter; add salt and pepper to taste. Add thawed spinach to saute mixture and saute lightly. Cool mixture and mix together with rice. Beat eggs slightly; add 1 cup Parmesan cheese and mayonnaise; combine with vegetable/rice mixture. Grease bottom of a 9" x 13" pan with olive oil, pour

mixture into pan and sprinkle with 2 - 3 tablespoons Parmesan cheese. Bake at 350 degrees for 30 - 40 minutes, until slightly golden on top; cool; cut into bite-sized pieces.

"Great for office parties and holidays."

Darlene Lupul **Tokay High School, Lodi, CA**

MUSHROOM TURNOVERS

Serves 6 - 8

3 tablespoons butter
1 large onion, finely chopped
1/2 pound mushrooms, finely chopped
1/4 teaspoon thyme
1/2 teaspoon salt
fresh black pepper, to taste
2 tablespoons flour
1/4 cup sour cream
1 (8 ounce) package cream cheese, softened (lowfat or nonfat okay)
1/2 cup butter, room temperature
1 1/2 cups flour

Filling: In a skillet, heat butter and onion; brown lightly. Add mushrooms and cook, stirring often, about 3 minutes. Add thyme, salt and pepper and sprinkle with flour. Stir in sour cream and cook gently until thickened. Pastry: Mix cream cheese and butter thoroughly. Add flour and work with fingers or pastry blender until smooth. Chill well, at least 30 minutes. Preheat oven to 450 degrees. Roll dough to 1/8" thickness on lightly floured surface; cut out 3" circles using cookie cutter. Place teaspoons filling onto 3 inch circle of dough and fold over filling. Press edges together with fork. Prick top of crust to allow steam to escape. Place on ungreased cookie sheet and bake until lightly browed, about 15 minutes.

"Thanks to Sandy from Pampered Chef for this recipe. Your recipes are outstanding!"

Ruth Anne Mills **Los Alisos Intermediate School, Mission Viejo, CA**

MUSHROOM TURNOVERS

Serves

1/2 cup unsalted butter, softened
1 (3 ounce) package cream cheese
2 teaspoons chives, finely chopped
1 1/2 cups flour
1/2 teaspoon salt
1/2 pound mushrooms, chopped
1/3 cup onion, finely chopped
2 tablespoons unsalted butter
flour for coating
2 tablespoons dry sherry
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 cup sour cream
1 egg yolk
1 tablespoon water

To prepare pastry: beat butter, cream cheese and chives; add flour and salt. Mix to form stiff dough. Divide in half; refrigerate. Roll out 1/4" thick. Cut into circles.

Filling: Saute mushrooms and onions in butter until juices evaporate, about 5 minutes. Sprinkle with flour; stir to mix. Stir in sherry, salt and pepper and cook, stirring constantly until mixture is almost dry, about 2 minutes. Stir in sour cream; cool. Put one slightly rounded teaspoon of mushroom filling in center of each pastry. Fold in half; press edges to seal. Heat oven to 400 degrees. Mix egg yolk and water; brush on tops of turnovers and bake on ungreased sheets until golden brown, about 12 - 15 minutes. Cool, transfer to airtight container. These can be frozen at this point for 3 - 4 weeks. To serve: arrange on baking sheet and bake at 300 degrees for 10 - 15 minutes.

NOTE: You may substitute cream cheese pastry for Frozen Puff Pastry by Pillsbury.

"Great appetizers - make them ahead of time and reheat just before serving."

Kris Hawkins **Clovis West High School, Fresno, CA**

OLIVES WRAPPED IN BACON

Serves 8 - 10

3 dozen large pimento-stuffed olive *18 strips bacon, thin-sliced*

Cut bacon strips in half crosswise. Roll an olive in bacon starting at cut end. Put wooden pick in olive to hold bacon securely. Be sure to wrap the bacon around olive so the pimento is visible . Place on pan that allows grease to drip to bottom of pan. Broil for 5 - 8 minutes or until bacon is cooked. Be sure to leave enough space between broiler and pan for spattering grease.

"As a child, when my parents had parties, I'd sneak to the food table (time and time again!) and grab a handful of these great treats!"

Lera St. Louis **Buena High School, Ventura, CA**

PARMESAN CHICKEN BITES

Serves 6 - 8

1/2 cup Parmesan cheese, grated
1/2 cup bread crumbs
2 teaspoons parsley flakes
1/2 cup butter or margarine
1 whole chicken breast, skinned, boned and cut into 1" cubes

In a small bowl, combine cheese, bread crumbs and parsley flakes. In a small pan on stove or microwave dish, melt butter and set aside. Dip chicken pieces in melted butter, then roll in crumb mixture. Place on ungreased cookie sheet. Bake at 400 degrees for 12 to 15 minutes.

HINT: For extra browning, turn pieces over after 10 minutes.

"This has been a favorite with my own children and my students for years. It's very quick and easy."

Mary Carr **Enterprise High School, Redding, CA**

PIZZA CANAPES

Serves 10 - 12

1 box Ritz crackers
3/4 cup catsup
Oregano, to taste
2 ounces pepperoni, thinly sliced
4 ounces mozzarella cheese, shredded

Spread crackers with catsup; top with oregano, pepperoni and cheese. Place on ungreased cookie sheet and heat at 400 degrees for 3 to 5 minutes, or until cheese melts. Serve immediately.

"Quick, easy and kids love them!"

Beth Swift **Buena Park High School, Buena Park, CA**

PIZZA FRESCA STYLE

Serves 12

1 tablespoon Crisco vegetable oil
1 cup onion, chopped
2 cloves garlic, minced
2 (14 1/2 ounce) cans no salt added tomatoes, undrained and chopped
2 (8 ounce) cans no salt added tomato sauce
2 tablespoons fresh parsley, chopped
2 teaspoons dried basil leaves
1 teaspoon sugar
1/2 teaspoon dried oregano leaves
1/4 teaspoon black pepper2 cups all-purpose flour, divided
1 tablespoon sugar
1/2 teaspoon salt
1 (1/4 ounce) package active dry yeast
1 cup warm water (110 - 115 degrees)
2 tablespoons Crisco vegetable oil
1 cup whole wheat flour1 medium zucchini, thinly sliced
1 large red, yellow or green bell pepper, thinly sliced, into strips
4 ounces small mushrooms, thinly sliced
2 cups low moisture, part skim mozzarella cheese, shredded
2 tablespoons Parmesan cheese, grated

For sauce: heat oil in large saucepan over low heat. Add onion and garlic. Cook and stir until tender. Stir in tomatoes, tomato sauce, parsley, basil, sugar, oregano and black pepper. Simmer one hour or until very thick. Cool to room temperature.

Heat Oven to 425 degrees. Oil two 12" pizza pans or two baking sheets lightly.

For dough: combine 1 1/4 cups all-purpose flour, sugar, salt and yeast in large bowl. Add water and Crisco oil. Blend at low speed of electric mixer 30 seconds, scraping bowl constantly. Beat at high speed 3 minutes. Stir in whole wheat flour. Add enough of the remaining all-purpose flour to make soft dough. Knead on lightly floured surface until smooth and elastic (about 6 - 8 minutes). Press half of dough onto bottom and 1/2" up sides of pan to form rim. Prick bottom and sides with fork. Repeat with remaining half.

Bake 5 minutes. Remove from oven; add Herb Sauce and toppings and return to oven for approximately 10 minutes more.

"We made this is our Foods & Nutrition Class. Tastes very similar to Round Table pizza."

Myrna Westmoreland **Grace M. Davis High School, Modesto, CA**

PIZZA PINWHEELS

Serves 8

1 (8 count) can crescent rolls
1 (3 1/2 ounce) package pepperoni, sliced
2 ounces mozzarella cheese, grated
1 cup pizza sauce

Separate roll dough into 4 rectangles - seal perforations. Place 8 slices pepperoni on each rectangle. Sprinkle with cheese. Roll up each rectangle from the narrow side to enclose filling; seal edges. Cut each roll into 4 slices. Pinch dough together on 1 side of each slice to seal. Place sealed side down on ungreased baking sheet. Bake at 350 degrees for 18 - 20 minutes or until golden brown. Heat pizza sauce in saucepan or microwave; serve with pinwheels.

Janet Griffith **Norco High School, Norco, CA**

PIZZA PUFFS

Makes 50

1 cup corn flakes, crushed, divided
2 eggs, separated
2 cups mozzarella cheese, shredded
1 cup Ritz crackers, crushed
1/2 teaspoon oregano
1 garlic clove, minced
1/2 teaspoon basil
1/2 teaspoon Italian seasoning
1 tablespoon onion, minced

Set aside 1/2 cup crushed corn flakes to use for rolling finished puffs. Separate egg yolks from whites; whip whites until stiff peaks are formed. Mix together remaining ingredients and fold into the stiff egg whites. Shape into balls; roll in the corn flakes that have been set aside. Refrigerate until firm. Fry in deep fat at 350 degrees until golden brown.

"Easy and can be prepared ahead of time. Fry as guests arrive so they are served hot."

Karen Tilson **Poly High School, Riverside, CA**

PRESHLAND'S SAUSAGE/POTATO CASSEROLE '95

Serves 6

4 Italian sausages, mild or hot, skins removed and broken into pieces
2 large onions, sliced
3 large bell peppers, sliced
1 teaspoon oregano
1 teaspoon paprika
1 teaspoon pepper
6 potatoes, sliced
3 tablespoons fresh parsley, chopped

Saute sausages with onions, bell peppers and spices. Cook until onions are lightly browned. Toss mixture with potatoes and parsley. Put into a lightly greased casserole and cook 45 minutes at 375 degrees until tender. Serve hot.

"I always look forward to being invited for dinner by my good friend, Debbie Garner. She's a great cook and sometimes even shares her recipes!"

Gloria King **Schurr High School, Montebello, CA**

QUICK MINI PIZZAS

Serves 6

6 English muffins
1 (8 ounce) can tomato sauce
1 1/2 teaspoons oregano
1/8 teaspoon garlic, minced
1/8 teaspoon black pepper
2 cups mozzarella cheese, shredded
toppings of your choice
1/2 cup Parmesan cheese, grated

Split and toast muffins. Mix tomato sauce, oregano, garlic and black pepper. Spread sauce over muffins. Top with mozzarella cheese and other toppings of your choice. Sprinkle with Parmesan cheese. Place on cookie sheet and bake at 400 degrees for 8 - 10 minutes.

Reiko Ikkanda **South Pasadena Middle School, South Pasadena, CA**

QUICK PROSCIUTTO TOASTIES

Serves 12 - 16

1/2 cup butter, softened
1 tablespoon fresh parsley, minced
1 tablespoon chives, minced
1 teaspoon dried thyme
1 loaf white bread, sliced
3 ounces prosciutto, thinly sliced

Combine the butter and herbs into a smooth mixture. Cut crusts off the bread and spread each slice with the butter mixture. Top each slice with a single slice of prosciutto and roll into a tight cylinder on the diagonal starting at one corner; secure with a toothpick. Top each cylinder with a generous amount of butter mixture and place in a single

layer on a baking sheet. Bake in a preheated oven at 350 degrees for 25 - 30 minutes, or until lightly browned.

"These can be made a day ahead and baked just before serving."

Val Herford **Mesa Intermediate School, Palmdale, CA**

RAGGED SOMBRERO

Serves 6

2 onions, chopped
3 cloves garlic, minced
1/4 cup + 1 tablespoon oil, divided
2 (10 ounce) cans tomatoes and green chiles, chopped
1 (16 ounce) can tomatoes
1 tablespoon coriander
salt and pepper, to taste
24 corn tortillas
2 pounds Monterey Jack cheese, grated

Cook onions and garlic in 1 tablespoon oil until tender. Add tomatoes and chiles, tomatoes, coriander, salt and pepper and simmer 10 minutes. Heat 1/4 cup oil in small fry pan. Dip one corn tortilla at a time in hot oil just long enough to soften. Stack on paper towels and cut into fourths. Layer tortillas, sauce and cheese in baking dish. Bake at 350 degrees for 25 minutes, or until heated through. Serve hot with sour cream on top, if desired.

"We cooked this in our Foods and Nutrition Class. It is wonderful! Hot and spicy, but wonderful!

Myrna Westmoreland **Grace M. Davis High School, Modesto, CA**

SAUSAGE STUFFED MUSHROOMS

Makes 30

1 1/2 pounds medium mushrooms, approximately 30
1/2 pound pork sausage
1/2 cup mozzarella cheese, shredded
1/4 cup seasoned bread crumbs
parsley, for garnish (optional)

Remove stems from mushrooms; chop stems; set mushrooms and stems aside. In 10" skillet, over medium heat, cook sausage until well browned. With slotted spoon, remove sausage to paper towels to drain. Spoon off all but 2 tablespoons drippings from skillet. In hot drippings over medium heat, cook mushroom stems until tender, about 10 minutes, stirring frequently. Remove skillet from heat; stir in sausage, cheese and bread crumbs.

Preheat oven to 450 degrees. Fill mushroom caps with sausage mixture. Place stuffed mushrooms in 15 1/2" x 10 1/2" jelly-roll pan. Bake 15 minutes. Serve immediately.

"Easy to prepare and a favorite of mushroom lovers!"

Leslie Rodden **San Gorgonio High School, San Bernardino, CA**

SHRIMP AND MUSHROOM PICK

Serves 6

2 chicken bouillon cubes
1/2 cup butter, melted
1 (12 ounce) bag frozen shrimp or 1 pound fresh shrimp, cooked
1/2 pound mushrooms, caps only (if desired)
1/4 teaspoon garlic powder
1 tablespoon lemon juice
1/8 teaspoon pepper
1 tablespoon parsley flakes

Dissolve bouillon cubes in butter. Add cooked shrimp and mushrooms; cook 4 to 5 minutes. Stir in remaining ingredients. DO NOT OVERCOOK. Serve in chafing dish with toothpicks.

"Can be done completely and reheated at the last minute."

Marie Humphrey **Grant Middle School, Escondido, CA**

SPECIAL BEEF AND SPINACH BURRITOS

Serves 4

1 pound lean ground beef
1 small onion, chopped
1 clove garlic, rushed
1/2 teaspoon salt
1/2 teaspoon chili powder
1/4 teaspoon ground cumin
1/4 teaspoon pepper
1 (10 ounce) package frozen chopped spinach, thawed, well-drained
2 jalapeno peppers, seeded, finely chopped
1 1/2 cups Monterey Jack cheese, shredded
4 large (10") or 8 medium (8") flour tortillas, warmed
jalapeno pepper slices (optional)
lime slices (optional)
1 cup prepared chunky salsa

In large nonstick skillet, brown beef, onion and garlic over medium heat 8 - 10 minutes or until beef is no longer pink, stirring occasionally. Pour off drippings. Season with salt, chili powder, cumin and pepper. Stir in spinach and jalapeno peppers; heat through. Remove from heat; stir in cheese. To serve, spoon equal amount of beef mixture in center of each tortilla. Fold bottom edge up over filling. Fold right and left sides to center, overlapping edges. Garnish with lime and jalapeno slices, if desired, serve with salsa.

National Livestock and Meat Board **Chicago, IL**

STUFFED MUSHROOMS

Serves 8 - 16

8 ounces pork sausage
(try Farmer John fresh pork links)
32 large mushrooms, about 2 pounds
2 cloves garlic, crushed
1/4 cup butter or margarine
1/2 cup seasoned dry bread crumbs
1/2 cup Parmesan cheese, grated
1/4 cup fresh parsley, snipped
salt to taste
pepper to taste
butter or margarine, melted, for broiling

Saute sausage, stirring occasionally just until lightly browned, (sausage should be in crumbles); drain off fat. Remove stems from mushrooms. Chop stems, reserving caps. Add chopped stems, garlic, 1/4 cup butter or margarine and sausage and continue to saute over medium heat until mushrooms are golden, about 3 minutes. Stir in bread crumbs, cheese and parsley. Taste and adjust seasonings. Stuff each reserved mushroom cap with about 1 tablespoon mixture. Heat oven to 550 degrees and/or broil. Brush each stuffed mushroom cap with melted butter. Broil 4 inches from heat until bubbly and brown, about 3 minutes. Serve.

"Great to make ahead then heat when guests arrive. Jumbo mushrooms can be used to serve as a side dish with dinner. This is an easy way to turn a casual event into something elegant!"

Barbara Allen **Ayala High School, Chino, CA**

SWISS CHEESE TARTS

Makes 24

pastry for 1 pie crust
1/4 cup onion, grated
2 tablespoons butter
1/2 pound Swiss cheese, grated
3 eggs
1 1/2 cups light cream
1/8 teaspoon dry mustard
dash cayenne pepper
1 teaspoon salt
freshly ground pepper

Roll pie crust 1/8" thick. Fit crust into 24 2" tart pans. Saute onion in butter for 5 minutes or until soft. Add to cheese and toss to mix well. Beat eggs until foamy. Beat in cream, mustard, dash of cayenne pepper, salt and pepper. Stir egg mixture into cheese mixture and pour into tart shells. Bake in hot oven preheated to 400 degrees for 20 minutes or until golden brown. Serve hot or cold.

Gloria Francuch **Carpinteria High School, Carpinteria, CA**

TAILGATE TORTILLAS

Makes 4

1 large or 2 small ripe avocados, peeled and mashed
2 tablespoons fresh lemon juice
3 tablespoons green chiles, diced
3 tablespoons green onions, thinly sliced, including tops
1 small clove garlic, minced
4 (8 inch) flour tortillas, room temperature
½ chicken breast, cooked and shredded
3 slices bacon, crisply fried and crumbled
1 ½ cups Monterey jack cheese, shredded
3 tablespoons sunflower seeds, roasted and shelled
1 cup iceberg or romaine lettuce, shredded

Peel and mash avocado with lemon juice, chiles, green onion and garlic. Lightly moisten both sides of tortillas with water. Divide the guacamole evenly among the 4 tortillas and spread to within ½ inch of the edges. Sprinkle each tortilla with shredded chicken, bacon, cheese, sunflower seeds and lettuce. Roll up. Serve chilled or at room temperature.

"I served this at a Jazz series party, and it was a hit!"

Luann Goedert **Carlsbad High School, Carlsbad, CA**

ZESTY SMOKIES

Serves 6

1 ½ cups hickory smoke flavored barbeque sauce
1 (10 ounce) jar apple jelly
1 pound "Little Smokies"

Place barbecue sauce and apple jelly in crock pot on low. Add little smokies. Heat until warm, 1 - 2 hours. Serve directly from crock pot to keep warm at a buffet.

"So easy - so good!"

Cathy Miller **Montclair High School, Montclair, CA**

Dips

ACAPULCO DIP

Serves 10 - 12

2 (8 ounce) packages cream cheese, cubed and softened
1 large avocado, peeled and cut into 1/4" cubes
1 (12 ounce) jar any favorite La Victoria Salsa
1 1/2 cups cheddar cheese, shredded
1/2 cup ripe pitted olives
1/2 cup green onion, sliced
tortilla chips
fresh vegetable dippers

Sprinkle cream cheese cubes in bottom of a 10" round baking dish. Top with avocado pieces. Spoon salsa over all. Sprinkle on cheese; then olives and green onion. Bake, uncovered, at 350 degrees for 15 minutes. Serve hot with tortilla chips and/or fresh vegetable dippers.

"This recipe comes from La Victoria Foods, Inc."

Pam Bonilla **San Gorgonio High School, San Bernardino, CA**

BAKED CRAB DIP

Serves 8 - 10

1 (8 ounce) package cream cheese
1/2 cup sour cream or plain yogurt
2 tablespoons mayonnaise
1 tablespoon lemon juice
1 1/4 teaspoons worcestershire sauce
1/2 teaspoon dry mustard
pinch of onion salt
1 cup crab meat
few drops milk, for consistency
cheddar cheese, grated, for topping

In an ovenproof dish, combine cream cheese, sour cream, mayonnaise, lemon juice, worcesteshire sauce, mustard and onion salt. Fold in crab meat. Add few drops of milk to make creamy. Stir in cheese to taste, and sprinkle some cheese over top. Bake at 325 degrees for 30 minutes. Serve with crackers.

"How to impress your guests or fellow partiers! An easy - but impressive appetizer!"

Sue Fullmer **Durango High School, Las Vegas, NV**

CARAMEL APPLE DIP

Serves 6 - 8

1 (8 ounce) package cream cheese
3/4 cup brown sugar
1/4 cup white sugar
1 teaspoon vanilla
8 apples, sliced

Soften cream cheese; stir in sugars and blend until crystals disappear. Add vanilla and stir again. Dip sliced apples and enjoy!

Pamela Fecchino **Cimarron-Memorial High School, Las Vegas, NV**

CHEESE BEAN DIP

Serves 12 - 16

1 (8 ounce) package cream cheese
1/2 pint sour cream
3 cans bean dip
1/2 package taco seasoning mix
few drops tabasco sauce
2 tablespoons parsley, chopped
1/4 cup green onions, chopped
3/4 cup cheddar cheese, grated
3/4 cup jack cheese, grated

Soften cream cheese; mix with sour cream. Add bean dip, seasoning mix, tabasco, parsley and green onions; mix well. Put in baking dish and cover generously with grated cheeses. Bake at 350 degrees for 30 minutes or until hot and bubbly. Serve with tortilla chips.

"This recipe was given to me by my friend and co-worker, Myrna Welsh."

Dotti Jones **Etiwanda High School, Rancho Cucamonga, CA**

CHEESE CLAM DIP

Serves 10

2 jars Old English Sharp Cheese
1 (8 ounce) package cream cheese
3 green onions, chopped
1 (4 ounce) or 1 (7 ounce) can green chiles, chopped
1 can clams, minced

Mix together all ingredients; put in casserole dish and bake at 350 degrees for 40 minutes. Serve with Fritos.

"This recipe was given to me by Lorrie Pryor, our school nurse. It is a favorite with my family and with my students."

Linda Winzenread **Whittier High School, Whittier, CA**

CHILE CON QUESO DIP

Serves a crowd

2 pounds Velveeta cheese, cubed
1 pound mild Mexican Velveeta, cubed
1 (7 ounce) can green chiles, diced
1 (10 ounce) can Rotel (diced tomatoes and chiles)
1 pound sausage, cooked (optional)

Combine ingredients in saucepan. Cook over low heat, stirring frequently, until melted. Serve with tortilla chips.

"This hot dip is a crowd pleaser. If you should have any left, it is also very good served cold as a cracker spread."

Judy Banks **Temecula Valley High School, Temecula, CA**

CHIPPED BEEF DIP

Makes 1 ½ cups

1 (8 ounce) package cream cheese, softened
2 tablespoons milk
1 (2 ½ ounce) jar chipped beef, finely minced
2 tablespoons instant minced onion
2 tablespoons bell pepper, finely chopped
¼ teaspoon seasoned pepper
½ cup sour cream
¼ cup walnuts, ground or finely chopped
melba toast rounds or other snack crackers

Blend cream cheese and milk. Stir in chipped beef, onion, bell pepper, and pepper; mix well. Stir in sour cream. Spoon into shallow baking dish and sprinkle walnuts over top. Bake, uncovered at 350 degrees for 15 minutes. Serve hot with your choice of crackers.

"I use light cream cheese and sour cream to reduce the fat some."

Pam Ford **Temecula Valley High School, Temecula, CA**

CLAM DIP

Serves 12 - 15

16 ounces cream cheese, softened
2 (6 ½ ounce) cans clams, minced
½ cup clam juice (from canned clams)
1 teaspoon salt
2 tablespoons lemon juice
4 green onions, diced
1 teaspoon garlic powder
3 tablespoons parsley, chopped
1 round loaf sourdough bread
1 loaf French bread, cut into cubes

Mix first 8 ingredients together. Hollow out round sourdough bread, reserving top. Put creamed mixture inside bread and place top back. Wrap securely in foil and bake at 225 degrees for 4 hours. Serve warm with cubed bread.

"This is always a hit at our Christmas party!"

Vicki Pearl **Giano Intermediate School, La Puente, CA**

CRAB DIP

Serves 10 - 12

1 (8 ounce) package cream cheese, softened
1 can cream of mushroom soup
1 envelope Knox gelatin
3 tablespoons boiling water
1 cup mayonnaise
1 cup celery, finely chopped
3 tablespoons onion, finely chopped
1 (6 1/2 ounce) can crab meat, drained

Soften cream cheese in microwave or at room temperature. Mix in can of soup. Dissolve gelatin in 3 tablespoons boiling water. Add to mixture. Combine all the remaining ingredients. Place in an attractive serving bowl and allow to chill. Serve with Ritz crackers, wheat thins or other crackers of your choice.

"Everyone loves this at parties.!"

Cheryle Apple **Rio Vista High School, Rio Vista, CA**

DALE'S SPICY SALSA

Makes 1 quart

1 - 3 cloves garlic, minced
1 - 4 cups cilantro, finely chopped
1 small red onion, finely chopped
1 small yellow onion, finely chopped
2 tomatillos, coarsley chopped
8 - 10 roma tomatoes, coarsely chopped
2 Anaheim chiles
2 yellow chiles
2 jalapeno chiles
2 serrano chiles or 1 - 2 habanero chiles
garlic salt
ground black pepper

In a serving bowl, combine garlic, cilantro, onions, tomatillos and tomatoes. Remove stems and seeds from chiles and chop finely; add to serving bowl. Add garlic salt and pepper to taste. NOTE: For hotter salsa, don't remove seeds from chiles. Additional tomatoes may be added to cool down salsa. Refrigerate before serving. Serve with your favorite style of chips.

"My students prepare this salsa, on a weekly basis for a faculty salad bar. It's always one of the first items gone."

Dale Thomas **Mira Mesa High School, San Diego, CA**

FESTIVE CHEESE AND BEAN DIP

Makes 5 cups

2 cups Wisconsin sharp cheddar cheese, shredded
2 cups canned black beans, drained, mashed
1 cup corn kernels
1 cup tomatoes, chopped
1/2 cup salsa
1/2 cup low fat dairy sour cream
1/2 cup jalapeno pepper, seeded and diced (optional)
1/2 cup green onion, chopped
1/2 cup pitted black olives, sliced
1 cup Wisconsin Monterey Jack cheese

Preheat oven to 400 degrees. In a 2 quart casserole dish, combine cheddar cheese, black beans, corn, tomatoes, salsa, sour cream, and jalapeno pepper. Sprinkle with green onions, olives, and Monterey Jack cheese. Cover and bake for 15 minutes. Uncover and bake for 10 additional minutes. If desired, microwave covered on HIGH for 4 minutes, instead of baking. Serve with tortilla chips.

Wisconsin Milk Marketing Board **Madison, WI**

FOOTBALL PARTY DIP

Serves 16 - 20

4 (8 ounce) packages cream cheese, softened
2 packages Original Hidden Valley Dip Mix
1 1/2 cups red bell pepper, diced
1 (4 ounce) can green chiles, diced
2 small cans black olives, diced

Blend cream cheese and dip mix; stir in red bell pepper. Drain and dry chiles and olives; stir into cream cheese mixture and chill overnight. Serve with crackers or corn chips. NOTE: May be shaped into football before chilling.

"Very tasty and great with Fritos."

Peggy Himenes **Actis Junior High School, Bakersfield, CA**

FRUIT DIP

Makes 6 - 8

1 (7 ounce) jar marshmallow cream
1 (8 ounce) package cream cheese, softened
5 strawberries, mashed

Combine marshmallow cream, cream cheese and strawberries; mix well until blended. Serve with fresh berries.

Marie Coots **Huntington Beach High School, Huntington Beach, CA**

FRUIT KABOBS WITH HAWAIIAN CREAM DIP

Makes 2 1/2 cups

Assorted fresh fruit, cut into bite-sized pieces
3/4 cup orange juice
1 tablespoon orange rind, grated
1 tablespoon cornstarch
1/2 cup sugar
1 (9 ounce) carton Cool Whip

Arrange fresh fruit on toothpicks or small wooden skewers; set aside. Combine orange juice, rind, cornstarch and sugar in a saucepan. Bring to a boil on high and continue cooking mixture until it thickens. Cool mixture slightly and fold in whipped topping. Chill and serve as a dip with fruit kabobs.

Roberta Priestley **Alhambra High School, Alhambra, CA**

GOO

Serves 10

2 (8 ounce) packages cream cheese
1 can Gorton's clams, chopped, juice reserved
1 can Gorton's clams, minced, juice reserved
1/2 teaspoon lemon juice
5 drops tabasco sauce
10 drops worcestershire sauce

Using a fork, work one can of clam liquid into cream cheese. Add 1 or 2 tablespoons more clam juice depending on desired thickness. Add clams and remaining ingredients. Serve with ruffled edge potato chips.

"This is the Chase family traditional dip. We named it "goo" because we were too young to say "clam dip" when our family started enjoying this."

Carrie Chase **Vandenberg Middle School, Lompoc, CA**

HEALTHY-YUMMY SHRIMP DIP

Serves 8 - 10

1 (8 ounce) package light cream cheese, softened
1/2 cup light or non-fat sour cream
1/4 cup light mayonnaise
1 cup seafood cocktail sauce
8 ounces light mozzarella cheese, shredded
2 (4 1/4 ounce) shrimp, rinsed & drained
3 green onions, sliced
3/4 cup tomato, finely chopped

In a small mixing bowl, beat the cream cheese, sour cream and mayonnaise until smooth. Spread on a large round serving platter. (Save space around edge for crackers.)

Cover with seafood sauce. Sprinkle with cheese, shrimp, onions and tomato. Cover and chill.

"This sure-thing crowd pleaser is tasty and colorful. Friends are always surprised to learn that light ingredients were used."

Jan Schulenburg **Irvine High School, Irvine, CA**

HOT ARTICHOKE DIP WITH PASTA CHIPS

Serves

1 package frozen spinach, chopped
1 can artichoke hearts, coarsely chopped
1 cup Parmesan cheese, freshly grated
1 cup mayonnaise
2 cloves garlic, minced
oil, for frying
fresh lasagna noodles

Defrost spinach and squeeze water out. Combine with artichoke hearts, Parmesan cheese, mayonnaise and garlic. Place in baking dish and bake at 350 degrees for 20 minutes. Meanwhile, heat oil; fry lasagna noodles until crisp; drain on paper towels. Serve with dip.

"This recipes comes very close to the Olive Garden appetizer. Either water packed or marinated artichokes may be used."

Susan Brown **Sowers Middle School, Huntington Beach, CA**

HOT BEEF AND CHEESE DIP

Serves 8 - 12

1 pound ground beef or sausage
1 can stewed tomatoes, chopped
2 pounds pasteurized processed cheese, cubed

Brown ground beef or sausage; drain well. Place cheese and tomatoes in crock pot. Heat until cheese is melted; stir in browned meat.

"Great served with French bread, chips or crackers."

Margaret McLeod **Nogales High School, La Puente, CA**

JANER'S MOON DIP

Serves 8 - 10

1 (10 ounce) can cream of mushroom soup, diluted
1 cup mayonnaise
8 ounces cream cheese
3 green onions, chopped
7 ounces crabmeat, rinsed, drained and finely shredded
1 cup celery, finely chopped
dash salt
worcestershire sauce, to taste

Heat soup in a saucepan. When warm, stir in mayonnaise and crumble in cream cheese. Stir until smooth. Remove from heat and add other ingredients. Refrigerate for

2 - 3 hours before serving with crackers or vegetables.

"This is my friend, Jane's, special recipe for our family's favorite dip - it's always a wonderful treat she serves on vacations together."

Lera St. Louis **Buena High School, Ventura, CA**

LIGHT DILL DIP

Makes 2 cups

1 cup low-fat cottage cheese
2 tablespoons plain yogurt
2 tablespoons light mayonnaise
3/4 cup light or fat-free mayonnaise
1 tablespoon beaumonde
1 tablespoon dill weed
1 tablespoon onion flakes
1 teaspoon parsley flakes

Prepare "mock sour cream" by processing cottage cheese and yogurt in blender at STIR setting for 30 seconds; then PUREE for 2 1/2 minutes. Add 2 tablespoons mayonnaise and process at STIR for 30 seconds. Mix with remaining ingredients and chill. Serve with veggies or chips.

"Thanks to a special friend from Chula Vista, Sandi Killalea."

Mary M. Rector **Valley High School, Las Vegas, NV**

MARGARET'S DIP

Serves

2 cups jack cheese, grated
1/2 cup green onion, chopped (including tops)
1/3 - 3/4 cup mayonnaise, to taste
Triscuits

Combine cheese, onions and mayonnaise. Serve on Triscuits.

Julie Blanchard **Western High School, Anaheim, CA**

MEXICAN SHRIMP DIP

Serves 6 - 8

1 (8 ounce) package cream cheese
1 cup small shrimp, cooked
1 (10 ounce) can green chili salsa
1 teaspoon worcestershire sauce
1/2 teaspoon garlic salt
1 tablespoon hot taco sauce
paprika

Mix all ingredients together except paprika, in a small ovenproof dish. Garnish with a sprinkle of paprika. Bake at 350 degrees for about 15 minutes or until heated through. Serve hot with taco chips. Can be reheated in the microwave.

"Makes about 2 cups - quick and easy to do."

Linda Robinson **Royal High School, Simi Valley, CA**

SHRIMP DIP

Serves 12 - 14

1 (8 ounce) package cream cheese, softened
1/4 cup lemon juice
1 cup shrimp, cooked and diced
1/2 cup green onions, chopped
1 package onion soup mix
1 tablespoon horseradish
1 cup sour cream
chips or crackers

In a mixing bowl, beat cream cheese until fluffy. Gradually add the lemon juice. Stir in remaining ingredients; cover and chill to blend flavors. Serve with chips or use as a spread on crackers.

"Great appetizer for seafood lovers!"

Joanne Montoy **Esperanza High School, Anaheim, CA**

SIZZLING CRANBERRY DIP

Serves 6 - 8

1 (16 ounce) can jellied cranberry sauce
3 tablespoons red horseradish (white can also be used)
2 tablespoons honey
1 tablespoon lemon juice
1/2 teaspoon tabasco sauce

In medium saucepan, combine all ingredients, stirring constantly until mixture is smooth and comes to a boil. Serve as a hot dip for chicken wings, cocktail franks or turkey.

"A sensational taste!"

Charla Rayl **Fallbrook High School, Fallbrook, CA**

SOUTHWESTERN SEAFOOD DIP

Serves 8

1 (15 ounce) can pinto beans, rinsed and drained
1 tablespoon + 1 teaspoon taco seasoning mix
2 tablespoons fat free sour cream
1 ripe avocado
1 tablespoon lime juice
1 tablespoon fat free mayonnaise
1/4 teaspoon worcestershire sauce
1/8 teaspoon chili powder
1/8 teaspoon garlic powder
1 (8 ounce) package surimi seafood, crab flavored, flake style
3 tablespoons black olives, sliced
1/2 small tomato, seeded and chopped
1/4 cup whole kernel corn
1/2 cup reduced fat sharp cheddar cheese, shredded
2 tablespoons green onion tops, chopped

Mash beans with fork until almost smooth; stir in taco seasoning mix and sour cream. Spread in an 8" circle on a serving platter; set aside. Coarsely chop avocado into a bowl;

add lime juice, mayonnaise, worcestershire sauce, chili powder, and garlic powder. Mash with a fork until mixed well, but not quite smooth. Spread over bean mixture. Shred surimi seafood with fingers; sprinkle over avocado layer. Layer remaining ingredients in the order listed. Cover and refrigerate until ready to serve, up to 2 hours. Let stand at room temperature about 15 minutes before serving. Serve with tortilla chips.

National Fisheries Institute **Arlington, VA**

SPINACH DIP

Makes 4 cups

1 package spinach, frozen, chopped
3 green onions, chopped
1 (8 ounce) can water chestnuts, chopped
1 package Knorr Vegetable Soup Mix
1 cup mayonnaise
1 1/2 cups sour cream
1 loaf Sheepherder's Bread or crackers

Thaw frozen spinach, squeeze out excess moisture. Combine spinach with green onions and water chestnuts. Stir soup mix into mayonnaise and sour cream and combine with spinach mixture. Cover and chill for 2 hours for flavors to blend. To make a bread bowl, cut top off loaf of bread and scoop out bread, forming a bowl. Tear or cut scooped bread into serving size pieces and use for dipping. Place spinach mixture inside bread bowl and serve.

Susan Keema **Cimarron-Memorial High School, Las Vegas, NV**

SPINACH LEEK DIP

Serves 6 - 8

10 ounces frozen spinach, chopped
1/2 cup yogurt
1/2 cup mayonnaise
1 cup sour cream
1/2 package Knorr Leek Soup Mix
1/4 cup fresh parsley, chopped
1/4 cup green onion, chopped (including tops)
1 teaspoon dill weed
1 pinch garlic powder
1 small pinch nutmeg (optional)
1 large round sour dough bread, unsliced

Chop spinach finely and drain very well. Combine all ingredients, except bread. Refrigerate for a couple of hours to allow flavors to blend. Cut off top of bread round and carefully scoop out the inside; cut into cubes. Fill bread round with dip mixture and serve. Additional bread may be needed.

"One of our favorite dips - has a great flavor! This dip is also very good with fresh veggies!"

Helen Lievre **La Canada High School, La Canada, CA**

STRAWBERRY FRUIT DIP

Serves 12

1 (8 ounce) package light cream cheese, softened
1 (8 - 10 ounce) package frozen strawberries, sweetened, sliced
fruits for dipping, such as apples, grapes, cherries, bananas, pineapples, pears, strawberries, cantaloupe, orange or lime

Put cream cheese and frozen strawberries in blender or food processor and blend until creamy. Cut fruit up into bite-sized pieces. Squeeze orange or lime juice over bananas and apples so they won't turn dark. Arrange on a platter around the dip.

"My students like this dip and fruit combinations. It's even good for you!"

Deanne Moody **Monte Vista High School, Spring Valley, CA**

SUMMER SALSA

Serves 6 - 8

2 mangoes, peeled and chopped
1 small red onion, chopped
1 cup cilantro, chopped
2 green jalapeno chiles, chopped
1/4 cup lime juice
2 tablespoons olive oil
salt and pepper

Combine all ingredients and season with salt and pepper.

"We enjoy this on hot summer evenings."

Amy Tavaglione-Rudolph **Etiwanda High School, Etiwanda, CA**

THE MAESTRO'S DIP

Serves Many

2 chicken bouillon cubes
2 tablespoons boiling water
1 tablespoon dried minced onion
1 teaspoon worcestershire sauce
1 (8 ounce) package cream cheese
1 (4 1/4 ounce) can olives, chopped
3 - 4 tablespoons mayonnaise

Dissolve bouillon cubes in boiling water. Add onion and worcestershire sauce. Stir in cream cheese until smooth. Add olives and mayonnaise, stirring until dipping consistency. Add more mayonnaise if necessary. Serve with crackers, chips or veggies.

"Richard is conductor of the Yuba City High School Orchestra and retired conductor of the Yuba Sutter Symphony Orchestra. This is his favorite appetizer."

Richard Morrissey **Yuba City High School, Yuba City, CA**

Salads

7-UP SALAD

Serves 6- 8

2 envelopes unflavored gelatin
1/2 cup sugar
1/8 teaspoon salt
3/4 cup water
1 small can pineapple chunks
1 (6 ounce) can frozen pink lemonade
1 3/4 cups lemon-lime carbonated beverage, chilled
maraschino cherries
1 small can mandarin oranges, drained
1 banana, sliced
1 small can pear halves, drained and diced
1/2 cup fresh or canned green seedless grapes (optional)

Mix gelatin, sugar and salt; add water. Heat and stir until gelatin dissolves. Drain pineapple, reserving juice. Add water to juice to make 3/4 cup. Add to gelatin mixture. Add lemonade concentrate; stir to melt. Gently mix in lemon-lime beverage. Chill mixture until partially set. Fold fruit into gelatin mixture. Chill until set. Good plain or with mayonnaise.

"I always make this salad for Christmas."

Judy Betz **Greenfield Junior High School, Bakersfield, CA**

APRICOT-SESAME DRESSING

Makes 2/3 cup

1 teaspoon cornstarch
1/8 teaspoon garlic powder
1/8 teaspoons ground ginger
1 (5 1/2 ounce) can apricot nectar
1/4 cup red wine vinegar
1 tablespoon honey
1 teaspoon sesame oil
1 teaspoon toasted sesame seeds

In a small saucepan combine cornstarch, garlic powder, and ginger. Stir in apricot nectar, vinegar, honey, and oil. Cook, stirring constantly, until thickened and bubbly. Add sesame seeds. Cook and stir 2 minutes more. Chill, covered.

"Apricot nectar replaces most of the oil in this low-fat dressing. Do yourself a favor! Pour on a low-fat dressing!"

Joy Sweeney-Aiello **Liberty High School, Brentwood, CA**

AVOCADO AND MUSHROOM SALAD

Serves 8

2 avocados
1/2 pound small mushrooms, fresh
1/2 cup oil
3 tablespoons tarragon vinegar
2 tablespoons lemon juice
2 tablespoons water
1 tablespoon fresh parsley, chopped
1 clove garlic, minced
3/4 teaspoon salt
freshly ground pepper
lettuce leaves

Peel and slice avocados. Remove stems from mushrooms and leave whole. Blend remaining ingredients and pour over avocados and mushroom caps. Chill at least hours, spooning dressing over vegetables several times. Serve on lettuce leaves.

"This is a great salad with grilled steak or fish."

Wendy Johnson **Temecula Valley High School, Temecula, CA**

BEER-NUT BROCCOLI SALAD

Serves 6 - 8

1 large bunch of broccoli, cut into bite-sized pieces
1 bunch green onions, sliced
1 - 2 cups raisins
1 can beer nuts
1 small package sunflower seeds, shelled
3/4 cup mayonnaise
2 tablespoons sugar
2 tablespoons vinegar
1/2 pound bacon, cooked and crumbled

Mix broccoli, green onions, raisins, beer nuts and sunflower seeds in a salad bowl. Mix mayonnaise, sugar and vinegar together. Toss the salad with the mayonnaise mixture. Refrigerate at least six hours or overnight. Sprinkle with bacon right before serving.

"At potlucks, guests usually take a small bite just to be polite because the ingredients are so strange. But they always come back for big helpings of seconds!!"

Amy Bean **Cabrillo High School, Lompoc, CA**

BLACK BEAN SALAD WITH CUMIN VINAIGRETTE

Serves 6 - 8

1 teaspoon cumin seeds
2 tablespoons or more fresh lemon juice
2 tablespoons soy sauce
2 teaspoons dijon mustard
1 large clove garlic, pressed
1/2 cup olive oil
2 - 4 cans Progresso Black beans, drained
1 red bell pepper, diced
1 yellow bell pepper, diced
1/2 cup red onion, chopped
2 teaspoons jalapeno chiles, seeded and minced
salt land pepper to taste
cherry tomatoes, halved,for garnish
fresh cilantro, minced, for garnish

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Cook cumin seeds in skillet over medium heat until lightly toasted, stirring constantly, about 1 minute. Transfer cumin seeds to work surface and cool. Finely chop cumin. Whisk lemon juice, soy sauce, mustard and garlic in large bowl. Gradually whisk in oil. Add beans, chopped cumin, bell peppers, onion and chiles and toss well. Season with salt and pepper. Cover and refrigerate at least 2 hours to blend flavors. Allow beans to stand 30 minutes at room temperature. Taste; add more lemon juice if needed. Garnish with tomatoes and cilantro.

"Can be prepared a day ahead."

Kathie Baczynski **Mt. Carmel High School, San Diego, CA**

BLUE WALDORF SALAD

Serves 6

3 green apples
1 tablespoon lemon juice
1/2 cup blue cheese, crumbled
1/2 cup pecan halves
3/4 cup poppyseed dressing

Wash, core and slice apples, leaving on skins . Place apples in bowl of cold water mixed with lemon juice as you slice, to prevent browning. Drain apples and toss with remaining ingredients.

"This quick and easy recipe can easily be doubled or tripled for pot lucks. People always ask who made it and can they have the recipe!"

Pam Giachetti **Burney High School, Burney, CA**

BLUEBERRY SALAD

Serves 15 - 20

1 can blueberries
1 cup pineapple, crushed
1 (6 ounce) package blackberry or black raspberry jello
2 cups hot water
1/2 cup nuts, chopped
1 envelope Dream Whip, prepared

Drain blueberries and pineapple; reserve juice. Dissolve jello in hot water. Add 1 cup reserved fruit juice to jello. Reserve 3/4 cup jello mixture; let stand until partially set (it can be whipped). Add fruit and nuts to remaining jello. Pour into a 9" x 1`3" pan; refrigerate until firm. Add reserved jello to prepared Dream Whip and whip until light. Spread over jello with fruit and nuts. Refrigerate until set.

"This is my husband's favorite jello salad!"

Kathy Croxall **Fontana High School, Fontana, CA**

BROCCOLI SALAD

Serves 8 - 10

2 1/2 pounds broccoli flowerets
1/2 pound bacon, cut, cooked, and drained
1 whole red onion, thinly sliced
1 cup raisins
1/3 cup raw sunflower seeds
1 cup mayonnaise
1/2 cup red wine vinegar
1/2 cup sugar

Cut broccoli into bite-sized pieces. In large bowl, combine broccoli, bacon, onion, raisins and sunflower seeds. In smaller bowl, combine mayonnaise with vinegar and sugar, stirring well until sugar is completely dissolved. Add mayonnaise mixture to broccoli mixture and toss well. Refrigerate.

"This recipe comes from Stephanie Hooford, a student in my Foods Class. It is super and even better the second day."

Loretta Salau **Foothill High School, Bakersfield, CA**

CAESAR SALAD

Serves 6 - 8

1 head romaine lettuce, torn
1 small can olives, sliced
2 tomatoes, cut into wedges
1 avocado, diced
1 small jar artichoke hearts
1/2 can anchovy fillets (without capers)
3 tablespoons olive oil
1 tablespoon lemon juice
1 large clove garlic, minced
1/2 egg, cooked for 1 minute
1 teaspoon worcestershire sauce
1 tablespoon Parmesan cheese, grated

Combine torn lettuce leaves, olives, tomatoes, avocados and artichokes in serving bowl. Combine remaining ingredients in blender or food processor until smooth and creamy. Pour over lettuce mixture just before serving. May be garnished with croutons.

"This salad is delicious. It is my husband's one and ONLY specialty in the kitchen!"

Donna Hamilton **Del Oro High School, Loomis, CA**

CALICO BEAN SALAD

Serves 8 - 10

1 (1 pound) can green beans, drained
1 (1 pound) can red kidney beans, rinsed
1 (1 pound) can yellow wax beans, drained
1 cup cooked carrots, cooked (use frozen waffle-cut)
1/2 cup green pepper, sliced
1 medium red onion, sliced
3/4 cup sugar
2/3 cups red wine vinegar
1/3 cup oil
1 teaspoon salt
1 teaspoon pepper

In serving bowl, combine beans, carrots, green pepper and onion. Mix together dressing ingredients and pour over beans and vegetables. Let set overnight in refrigerator.

"This is especially good with barbecued hamburgers or steak!"

Carolyn McBride **Arcadia High School, Arcadia, CA**

CANTONESE CHICKEN SALAD

Serves 6 - 8

3 tablespoons dry white wine
2 tablespoons pineapple juice, unsweetened
2 tablespoons lemon juice
2 tablespoons light brown sugar, firmly packed
1 1/2 tablespoons curry powder
2 teaspoons soy sauce
1 teaspoon onion powder
pinch garlic powder
2 cups mayonnaise
2 heads iceberg lettuce, or other salad greens
1 cup celery, chopped
1/4 cup cilantro, chopped
3 tablespoons cornstarch
1/4 cup dry sherry
3 tablespoons soy sauce
1 3/4 pounds chicken breast, cooked, boned, skinned and sliced into 2" strips
3/4 pound water chestnuts, sliced
1 3/4 cups snow peas, cut into 3 pieces, diagonally
1 3/4 cups chow mein noodles
sliced almonds
radishes, thinly sliced
green onion, finely chopped
carrot, shredded

To prepare dressing, stir together all dressing ingredients except the mayonnaise until sugar dissolves (do not use a metal bowl). Whisk in mayonnaise. Stir until smooth. Best if made ahead to allow flavors to blend together. Store in refrigerator.

Combine lettuce, celery and cilantro in a large bowl. In another bowl, combine cornstarch, sherry and soy sauce. Marinate chicken in mixture for 30 minutes, then stir-fry 2 - 3 minutes, until chicken turns white. Add water chestnuts and snow peas; stir 1 minute. Mix chow mein noodles with salad greens. Remove chicken mixture using a slotted spoon and arrange over salad greens. Serve with curry dressing. Garnish and serve.

"Eat and enjoy! This recipe was adapted from "Bon Apetit", June '84."

Sue Hope **Lompoc High School, Lompoc, CA**

CHEESE STEAK SALAD

Serves 24

10 ounces Boursin cheese
1/4 cup dijon-style mustard
1/2 ounce garlic
2 cups olive oil
2 cups vegetables oil
3/4 cup red wine vinegar
1/2 cup buttermilk
4 ounces mascarpone cheese
1 teaspoon coarse salt
1 teaspoon cracked black pepper
1/4 + 1/3 cup olive oil, divided
3 pounds red bell pepper, thinly sliced
3 pounds yellow bell pepper, thinly sliced
1 1/2 pounds red onions, thinly sliced
peanut oil, as needed
2 pounds, 4 ounces russet potatoes, cut into 1/8" shoestrings
7 1/2 pounds beef loin, top sirloin butt steaks, boneless, 1/2" thick, partially frozen, cut into 1/2" thick strips
1 tablespoon salt
2 teaspoons black pepper
4 pounds mixed salad greens, torn (radiccio, baby frisee, watercress, Bibb, endive)
3 pounds provolone cheese, shredded

Prepare dressing: Combine Boursin cheese, mustard and garlic in blender or food processor; process to blend. Add remaining dressing ingredients except salt and pepper; process to form an emulsion. Season with salt and pepper. Cover and refrigerate until ready to use.

Heat 1/4 cup olive oil to coat bottom of large braising pan over medium-high heat; add bell peppers and red onions; saute, stirring occasionally, about 5 minutes or until crisp-tender; reserve. Deep fry potato shoestrings, 1 1/2 ounces at a time, in peanut oil heated to 350 degrees. Cook until crispy. Reserve; keep hot. For each serving: heat small amount olive oil in large fry pan over medium-high heat. Add 5 ounces beef; cook, stirring, 2 minutes. Add 4 1/2 ounces bell pepper/onion mixture; cook, stirring, 1 minute or until beef is cooked and vegetables are hot. Season with salt and pepper; reserve; keep hot. To assemble salad, toss 4 ounces salad greens with generous 1/4 cup dressing on salad plate or bowl. Toss hot beef/vegetable mixture with 2 ounces provolone cheese in separate bowl. Place beef mixture on salad greens; garnish with fried potato shoestrings.

National Live Stock and Meat Board **Chicago, IL**

CHICKEN RICE SALAD

Serves 8

1 boiled chicken breast
(save water for Rice-A-Roni)
1 family size chicken Rice-A-Roni
1/3 cup green olives, halved
1/3 cup artichoke hearts, chopped
1/3 cup mayonnaise

Cook chicken; set in refrigerator to cool; dice. Cook Rice-A-Roni in remaining chicken broth, adding water as needed; cool. Stir together olives, artichokes and mayonnaise;

combine with chicken and Rice-A-Roni; chill.

"With a little time and effort a very tasty salad appetizer or main dish salad, over lettuce bed or by itself."

Janet Worland **Silver Valley High School, Yermo, CA**

COLD PASTA SALAD

Serves 6 - 8

1/4 cup oil
3 tablespoons lemon juice
2 tablespoons vinegar
1/2 teaspoon salt
1/2 teaspoon dry mustard
1/2 teaspoon paprika
1/2 teaspoon dried basil
8 ounces rotelle pasta
2 eggs, hard cooked, peeled and chopped
4 ounces cheddar cheese, diced
1 1/2 cups cherry tomatoes, halved
4 ounces dry salami, diced
1 small can olives, chopped

Prepare a salad dressing by combining first 7 ingredients in a jar with tight-fitting lid; shake well. Cook pasta according to package directions; drain and rinse with cold water. In a large bowl, combine pasta, eggs, cheese, tomatoes, salami and olives. Pour dressing over salad and toss gently. Cover and let chill overnight in refrigerator.

"For a 'lighter' version, you can purchase a fat-free Italian dressing and use low-fat cheese and salami."

Jeri Stubblefield **Lemoore High School, Lemoore, CA**

CRUNCHY BACON-ORANGE SALAD

Serves 4

12 slices bacon, regular or low salt, cut into 2" pieces
1 medium orange
8 cups fresh spinach, washed, stems removed
1 medium jicama, peeled, cut into julienne strips
1 small onion, grated
1 clove garlic, crushed
1/3 cup cider vinegar
1 tablespoon honey
freshly ground pepper

Arrange half of the bacon on microwave-safe bacon rack; cover with paper towel. Microwave at HIGH 5 - 6 minutes or until crisp, rotating rack 1/4 turn halfway through cooking time. Drain on paper towels. Cook remaining bacon same way. Reserve 1 tablespoon bacon drippings. Meanwhile, peel orange, cut into 1/2" thick slices. Separate each slice into sections. Combine spinach, jicama and orange sections in large bowl; set aside. Combine onion, garlic, vinegar, bacon drippings and honey in microwave-safe bowl; microwave on HIGH 2 minutes, stirring once. Pour hot dressing over spinach mixture; toss until slightly wilted. Add bacon; toss lightly. Season with pepper; serve immediately.

CONVENTIONAL DIRECTIONS: Cook bacon in skillet until crisp; drain on paper towels, reserve 1 tablespoon drippings. Add onion garlic, vinegar, bacon drippings and honey to skillet, bring to a boil. Follow above directions to complete salad.

National Live Stock and Meat Board **Chicago, IL**

FROSTED CRANBERRY SALAD

Serves 9

1 (13 1/2 ounce) can pineapple, crushed
2 (3 ounce) packages lemon flavored gelatin
1 (7 ounce) bottle ginger ale or 7-Up
1 (1 pound) can jellied cranberry sauce
1 (2 ounce) package dessert topping mix
1 (8 ounce) package cream cheese, softened
1/2 cup pecans, chopped
butter

Drain pineapple, reserving syrup; add water to syrup to make 1 cup; heat to boil. Dissolve gelatin in hot liquid; cool. Gently stir in ginger ale or 7-Up; chill until partially set. Blend pineapple and cranberry sauce; fold into gelatin. Turn into 9" x 9" x 2" pan; chill until firm. Prepare topping according to package. Blend in cream cheese, spread over gelatin. Toast nuts in butter on cookie sheet in oven at 350 degrees for 10 minutes. Sprinkle on top; chill.

"From my daughter, Jonelle, who is a fantastic cook. Everyone who tastes this always wants the recipe. It's my favorite cranberry recipe."

Carol Goddard **Alhambra High School, Alhambra, CA**

GRAPE ALMOND SALAD

Serves 4

1 head bibb lettuce, torn into bite-sized pieces
1 red onion, thinly sliced
1 bunch seedless red grapes
1/4 cup almonds, slivered and toasted
1/2 cup bleu cheese, crumbled
2 tablespoons onion, grated
1/2 cup sugar
1 teaspoon poppy seeds
1 teaspoon dijon mustard
1/2 cup white wine vinegar
3/4 cup safflower oil
1 tablespoon mayonnaise

Place all salad ingredients in a bowl; set aside. In a blender or food processor, combine grated onion, sugar, poppy seeds and mustard; blend until smooth. Add the vinegar and blend again. With machine running, slowly add oil. Blend in the mayonnaise and season with salt. Chill for at least 1 hour to allow flavors to blend. When ready to serve, pour dressing over salad and toss.

"You can vary this by using orange slices or mandarin oranges."

Karen Talley **Santa Maria High School, Santa Maria, CA**

GREEK SALAD WITH LEMON ROSEMARY DRESSING

Serves 4

1 heat iceberg lettuce
2 medium tomatoes, cut into wedges
1 green bell pepper, sliced
1 cup cucumber, thinly sliced
1/2 cup black or Greek olives
1 cup feta cheese, crumbled
1/3 cup olive oil
3 tablespoons lemon juice
1 teaspoon sugar
1 teaspoon dried rosemary
salt, to taste

Core, rinse and thoroughly drain lettuce; cut into 4 wedges. Prepare dressing by whisking together all ingredients in mixing bowl until thoroughly combined; set aside. To serve salad, place 1 lettuce wedge on each serving plate. Arrange tomato wedges, bell pepper rings and cucumber slices evenly around each lettuce wedge. Drizzle with dressing and sprinkle with olives and cheese.

"Spectacular summer salad."

Phyllis Arkus **Lakewood High School, Lakewood, CA**

HIROSHI RAMEN

Serves 4

1/2 cup soy sauce
1/2 cup rice or white wine vinegar
1/4 cup sugar
1/2 cup water
1 tablespoon salad oil
1 teaspoon Oriental sesame seed oil (optional)
4 packages Ramen noodles (omit seasoning packets)
4 - 6 eggs, scrambled
1 small cucumber, cut into thin, lengthwise slices
6 ounces cooked ham slices, cut into strips
4 green onions, including tops, ends trimmed, cut lengthwise

In a large bowl, combine soy sauce, vinegar, sugar, water, salad and sesame seed oil; stir mixture until sugar is dissolved. Set aside. In a saucepan cook noodles, uncovered according to package directions, until tender, about 3 minutes. Drain well, then pour into bowl with soy sauce mixture. Stir; cover and chill 30 minutes to overnight. Scramble eggs. Divide noodles equally among 4 bowls (about 2 cups each). Top with cucumber, ham, green onions and eggs. Serve or cover and chill up to 4 hours.

"A student gave me this recipe (it was actually published in a 2/86 Sunset magazine). I often substitute turkey instead of ham and add sliced carrots and other vegetables from the fridge."

Cindy Johnson **Orland High School, Orland, CA**

JACKSON SALAD

Makes 6

1/4 cup bacon, cooked crisp and crumbled
1 (14 ounce) can artichoke hearts, drained and finely chopped
1 (14 ounce) can Hearts of Palm, drained and finely chopped
1/4 cup green onions, finely chopped
2 tablespoons parsley, finely chopped
2 garlic cloves, pressed
1 ounce fresh lemon juice
3 ounces salad oil
1/4 pound Kraft blue cheese, crumbled
salt,to taste
fresh black pepper, to taste

Fry bacon until crisp; drain well and crumble; set aside. In a salad bowl, combine chopped artichoke hearts, hearts of palms, onions and parsley. Add garlic, lemon juice, oil, blue cheese, salt and pepper and bacon. Mix well; cover and refrigerate. Wash and dry romaine lettuce and tear leaves into small pieces. To serve, mix chilled ingredients with romaine and serve on chilled salad plates.

"This salad won a $25,000 prize in a cooking contest. It can be served as a "great beginning" or even as a main dish salad."

Gail Hurt **Estancia High School, Costa Mesa, CA**

LETTUCE, BRIE AND WALNUT SALAD

Serves 4

1 head butter lettuce
2 ounces brie cheese, sliced
1/2 cup walnuts
1 star fruit
1/2 cup fresh raspberries
juice of 1 lemon
grated rind of 1 lemon
3 - 4 tablespoons honey
1/4 cup salad oil

Wash, drain and dry lettuce; tear into bite-sized pieces. Combine lettuce, brie, walnuts in salad bowl. Combine lemon juice, rind, honey and oil and whisk together. Pour over lettuce and toss. Garnish with star fruit and raspberries.

"This salad was prepared by my students in the Young Chefs of Southern California Contest."

Nancy Hunyadi **Fullerton High School, Fullerton, CA**

LUCILE'S STRAWBERRY CONGEALED SALAD

Serves 8 - 10

1 pound strawberry jello
2 1/2 cups boiling water
1 small package light cream cheese, mashed or cut into small pieces
2 large bananas
2 tablespoons lemon juice
1 small (8 ounce) can crushed pineapple in own juice
1/2 cup pecans, chopped
1 large (20 ounce) package strawberries, frozen, unsweetened
1 small carton light sour cream

Dissolve jello in boiling water. Add cream cheese and stir to somewhat dissolve; cool. Mash bananas with lemon juice. To jello, add pineapple with juice, banana, nuts and strawberries. Stir gently to combine, then pour into mold or serving dish and refrigerate several hours. To serve, top with dollops of sour cream.

"Good with poultry. Can be made two days ahead for buffet parties. This can be molded to suit holiday themes, such as hearts for Valentines, etc. Lucile is my Mama!"

Sandra Dennis **Mt. Carmel High School, San Diego, CA**

MARDI GRAS SALAD

Serves 8

4 - 6 cans black-eyed peas
4 cloves garlic, minced
1 (40 ounce) can chicken broth
1 cup green onion, chopped
1/2 cup celery, finely chopped
1/2 cup carrots, grated
1/2 cup fresh parsley leaves, chopped
1 cup fresh tomatoes, finely chopped, reserve juice
1/2 cup Monterey Jack cheese, grated
1 cup salad oil
1/2 cup red wine vinegar
4 tablespoons fresh lemon juice
1 teaspoon Italian spices
salt and pepper to taste

Combine drained black-eyed peas, garlic and chicken broth in pan; heat to boiling; simmer gently for 10 to 15 minutes. Drain and chill in refrigerator for 3 - 4 hours. Mix in remaining ingredients and refrigerate overnight. Stir before each serving.

"This salad was introduced several years ago at Tracy's annual Dry Bean Festival. It will keep up to 2 weeks in refrigerator."

Janet Hill **Tracy High School, Tracy, CA**

MARINATED RICE SALAD

Serves 6

1 cup long-grained rice, cooked
1 cucumber, peeled and diced
1 green pepper, finely diced
2 green onions, finely chopped
8 - 10 green olives, sliced
1 large tomato, diced
1/2 cup red wine vinegar
1/4 cup olive oil
1/4 cup vegetable oil
1 tablespoon dijon mustard
1/8 teaspoon garlic powder

Combine ingredients for marinade; blend together with cooked rice and refrigerate, covered, overnight. Add vegetables and chill until ready to serve.

"Easy make ahead salad."

Carmen Leonard **Mission Viejo High School, Mission Viejo, CA**

MIRACLE SALAD

Serves 4 - 6

1 (21 ounce) can pineapple chunks, drained
1 (21 ounce) can peach pie filling
1 can mandarin oranges, drained
2 tablespoons lemon juice
1 1/2 teaspoons almond extract (do not omit)
2 cups seedless grapes OR 1 pint fresh strawberries

Mix all ingredients together; chill. If desired, add 2 sliced bananas just before serving.

"I have served this salad many times and am always asked what the delicious dressing is made from. It's an exceptionally easy recipe for an exceptionally delicious fruit salad. A "miracle" is if any is left!"

Cheryl McDaniels **Green Valley High School, Henderson, NV**

ORANGE FLUFFS

Serves 8

16 ounces cottage cheese
1 small (11 ounce) jar mandarin oranges (optional)
1 small (18 ounce) can pineapple, crushed, drained
12 ounces Cool Whip
1 (3 ounce) package orange jello

Combine cottage cheese, oranges, pineapple and Cool Whip in large bowl. Sprinkle with dry jello and mix with spoon until all ingredients are combined. Refrigerate until ready to serve.

"This can be used as a salad or a dessert. It's wonderful!"

Libby Newman **West Valley High School, Hemet, CA**

ORIENTAL CABBAGE SALAD

Serves 6

1/4 cup sesame seeds
1/4 cup almonds, slivered (optional)
1/2 package Top Ramen Noodles, dry (do not use seasoning packet)
1 head Napa cabbage, washed, dried and sliced
4 green onions, sliced
1/4 to 1/2 cup fresh cilantro or fresh parsley, finely chopped
2 boneless, skinless chicken breasts, cooked and shredded (optional)
1 to 2 cups Bernstein's Light Fantastic Oriental Reduced Fat Dressing

Put sesame seeds, slivered almonds and Top Ramen noodles in a shallow baking pan. Break Top Ramen apart. Bake at 350 degrees for 5 - 10 minutes until lightly toasted. Stir frequently. Set aside and cool. Thinly slice cabbage and green onions; place in large bowl with cilantro or parsley. Add sesame seeds, almonds and noodles right before serving. Add cooked chicken and toss with salad dressing.

"This is a low fat, low calorie version of a very popular cabbage salad."

Marianne Traw **Ball Junior High School, Anaheim, CA**

ORIENTAL SPINACH SALAD

Serves 4 - 6

1 bunch fresh spinach, cleaned and stemmed
2 green onions, sliced diagonally
1 red bell pepper, thinly sliced
1 can water chestnuts, sliced
2 stalks celery, thinly sliced
2 tablespoons vegetable oil
1 tablespoon sesame oil
2 tablespoons cider vinegar
2 tablespoons soy sauce
1 tablespoon sugar
dash pepper
2 tablespoons toasted sesame seeds

Toss all vegetables together in salad bowl; set aside. Combine oils, vinegar, soy sauce, sugar and pepper in a jar with screw cap. Shake thoroughly. Add dressing to salad; toss. Garnish with sesame seeds.

"A family favorite. Add your own favorite seasonal vegetables and fruit. We like Fuyu persimmon slices in the fall and Jerusalem artichokes in winter."

Nicole Hansen **Reedley High School, Reedley, CA**

ORVA'S LIME SALAD

Serves 12

1 package lemon jello
1 package lime jello
2 cups hot water
2 cups crushed pineapple, juice included
1 cup whipping cream, whipped
1 pound cottage cheese
1 cup mayonnaise
½ cup walnuts, chopped
2 tablespoons horseradish

Dissolve the jello in hot water; allow to cool. Stir in crushed pineapple and let thicken. Whip the cream to stiff peaks; fold into thickened jello mixture. Add cottage cheese, mayonnaise, walnuts and horseradish. Pour in a 13"x 9" glass dish and refrigerate until firm. This keeps well for a long time covered with cellophane.

"This was Grandma Tompsett's salad that was brought to all family gatherings. We always loved it."

Sonja Tyree **Ayala High School, Chino Hills, CA**

PASTA PERFECTO

Serves 6

1 (12 ounce) package pasta, colorful spirals preferably
1 jar marinated artichoke hearts
2 (2 ¼ ounce) cans olives, sliced and drained
1 bunch green onions, chopped
2 cloves garlic, minced
1 green bell pepper, chopped
1 cup broccoli flowerets
2 teaspoons fresh parsley
2 teaspoons fresh basil
1 bottle low-fat Italian dressing
garlic, pepper, salt (to taste)

Prepare pasta according to package directions; drain and rinse. Place pasta in a large bowl. Add remaining ingredients, except dressing, and stir. Add ½ of the dressing 1 hour before serving and refrigerate. Season to taste with garlic, pepper, salt. Before serving, pour remaining dressing and garnish with parsley.

"Great for picnics, barbecues or pot-luck dinners."

Lisa Hill **San Clemente High School, San Clemente, CA**

PEAR SALAD

Serves 4

2 firm De Anjou pears
2 stalks celery
½ - ¾ cup pecans
1 tablespoon lemon juice
¼ cup mayonnaise

Cut pears in half; core; then cut into ½" pieces. Slice celery and coarsely chop pecans. Mix all together with lemon juice and mayonnaise.

"Very fast and easy. Nice change from Waldorf salad, and everyone always ask for the recipe."

Nancy Brunson **McKinleyville High School, McKinleyville, CA**

PINK CHAMPAGNE SALAD

Serves 12

¾ cup sugar
8 ounces cream cheese
10 ounces strawberries, frozen
1 (20 ounce) can pineapple, crushed
1 cup mini marshmallows
¾ cup walnuts, chopped, divided
8 ounces cool whip

Combine sugar and cream cheese; blend. Add strawberries, pineapple, marshmallows and ½ cup nuts. Fold in cool whip. Spread in 9" x 13" pan. Sprinkle with remaining 1/4 cup nuts. Freeze. To serve: remove from freezer and let stand 30 - 40 minutes.

"Thanks bunches to my neighbor, Lucy, for her cool and refreshing salad. This salad keeps very well in the freezer."

Cheryl McDaniels **Green Valley High School, Henderson, NV**

PRETZEL JELLO

Serves 10 - 12

2 cups salted pretzels, finely crushed
3 teaspoons sugar
¾ cup butter, melted
1 (8 ounce) package cream cheese, softened
1 cup sugar
1 large container Cool Whip
2 (3 ounce) packages strawberry jello
2 cups boiling water
2 (10 ounce) packages strawberries, frozen

1st Layer: mix together pretzels, sugar and melted butter; press into 9" x 13" pan and bake at 400 degrees for about 8 minutes; cool.

2nd Layer: Combine cream cheese, sugar and Cool Whip with an electric mixer until smooth. Spread over cooled pretzel crust.

3rd Layer: Mix jello with water. Add frozen strawberries; stir and put in freezer until it starts to set. Pour over cream cheese and refrigerate until ready to serve.

"This is one of my family's favorite fruit salads. Pretzels make a great crust. Nobody realizes it pretzels until I tell them."

Karen Frontino **Arcadia High School, Arcadia, CA**

QUICK JELLO SALAD

Serves 8

1 (pint) container small curd cottage cheese
1 (8 ounce) container cool whip
1 small (8 ounce) can pineapple, crushed, drained
1 (3 ounce) package jello (dry)

Combine all ingredients in a bowl and chill. Ready to serve in ½ hour!

Ruth Schletewitz **Rafer Johnson Junior High School, Kingsburg, CA**

RASPBERRY CREAM CHEESE JELLO SALAD

Serves 12 - 15

2 large packages raspberry jello
3 cups boiling water
3 (10 ounce) packages raspberries, frozen
2 cups cold water
12 ounces cream cheese, softened
1 cup sugar
1 (12 ounce) container Cool Whip

Dissolve jello in boiling water. Add frozen raspberries; stir until thawed. Add cold water. Reserve 1 ½ cups jello; pour remainder into a 9" x 13" pan. Cover and chill until firm. Blend cream cheese and sugar until smooth. Add reserved jello to cream cheese mixture; spread on jello; refrigerate. Top with Cool Whip and serve.

"I substituted some fresh peaches and peach jello last summer for a family barbecue. It was a peaches 'n cream hit with everyone."

Jeanette Atkinson **Brinley Middle School, Las Vegas, NV**

RASPBERRY WONDER

Serves 8

1 (6 ounce) package raspberry jello
2 cups boiling water
1 frozen can raspberries, in syrup
1 (16 ounce) can sliced peaches, chopped
1 (16 ounce) can sliced pears, chopped

Dissolve jello in boiling water. Add remaining ingredients, with their liquid; stir. Transfer to a favorite decorative glass bowl. Refrigerate to set.

"A great side dish for Thanksgiving and Christmas!"

Gail McAuley **Lincoln High School, Stockton, CA**

RASPBERRY-PINEAPPLE JELLO SALAD

Serves 10 - 12

1 large bag frozen raspberries
1 (6 ounce) raspberry jello
1 ¼ cups boiling water
¾ cup orange juice
1 (20 ounce) can pineapple, crushed

Thaw frozen raspberries; set aside. Dissolve jello in water. Add orange juice, raspberries and crushed pineapple. Refrigerate until firm.

"This is a great recipe for serving a crowd. Double or triple for those summer get togethers. This is always requested at an annual Super Bowl party we attend."

Maridel Anagnos **Tokay High School, Lodi, CA**

RED POTATO SALAD

Serves 4 - 6

2 pounds red potatoes, cooked
1/2 cup Paul Newman's Italian Salad Dressing
2 green onions, chopped
1/2 teaspoon dill weed

Cut the small red potatoes into bite-sized pieces. Combine salad dressing, green onions and dill weed. Toss with potatoes and refrigerate until chilled.

Sue Waterbury **San Luis Obispo High School, San Luis Obispo, CA**

RED, WHITE & BLUE SALAD

Serves 16

1 (3 ounce) package raspberry gelatin
2 cups hot water1 envelope plain gelatin
1 cup evaporated milk
1 cup sugar
8 ounces cream cheese, softened to room temperature
1/2 cup cold water
1/2 cup pecans, chopped
1 teaspoon vanilla1 (3 ounce) package raspberry gelatin
1 cup hot water
1 (16 1/2 ounce) can blueberries

Layer 1: Dissolve gelatin in hot water; pour into a clear glass 9" x 13" pan and let set until firm. Layer 2: Dissolve gelatin in cold water. Heat milk and sugar without boiling. Add cream cheese, pecans and gelatin mixing until blended. Add vanilla and cool. Pour over layer 1 and chill thoroughly. Layer 3: Dissolve gelatin in water. Add blueberries with juice. Pour over layer 2 and chill until firmly set.

"Great for the 4th of July."

Monica Carlson **La Contenta Junior High School, Yucca Valley, CA**

SHANNON'S CHICKEN SALAD

Serves 6

3/4 cup mayonnaise
1/2 teaspoon ground ginger
1/2 teaspoon salt
3 cups chicken, cooked and cubed
1 1/2 cups red seedless grapes
1 cup celery, sliced
1/3 cup green onions, sliced
1/2 cup walnuts

Combine first 3 ingredients. Stir in remaining ingredients. Cover and chill.

"This recipe was given to me by one of my favorite students - Shannon Cheney."

Nancy Earnest **Victor Valley High School, Victorville, CA**

SHRIMP AND AVOCADO SALAD

Serves 6 - 8

2 pounds shrimp, cooked and cleaned
1 large avocado, peeled and cubed
1 head iceberg lettuce, shredded
1/4 cup salad oil
1/4 cup white wine vinegar
2 tablespoons lemon juice
1/2 teaspoon garlic salt
1/4 teaspoon pepper
1/2 cup green onion, minced

Combine shrimp and avocado in bowl; set aside. Combine dressing ingredients and pour dressing over the shrimp and avocado. Chill 1 - 2 hours. Serve over shredded lettuce.

"This is one of my favorite salads."

Pat Hufnagel **Esperanza High School, Placentia, CA**

SISTER SUE'S COLE SLAW

Serves 10

1 medium head cabbage, cut in half and sliced
2 medium onions, thinly sliced
1 medium red bell pepper, chopped into 1/2" pieces
1 cup white vinegar
1 teaspoon salt
1 teaspoon celery seed
2/3 cup salad oil
1 teaspoon dry mustard
3/4 cup + 2 tablespoons sugar

Prepare vegetables and set aside. Combine vinegar, salt, celery seed, salad oil and dry mustard. In a large salad bowl, alternate cabbage, onions and peppers with sugar. Cover with marinade. Let stand in refrigerator for 24 hours in a covered container, mixing occasionally.

"This is a great side dish with most any special meal - roast turkey, pork or ham. It will hold well for several days. I use a large Tupperware bowl with a sealing cover, turning over occasionally."

Linda Paskins **Cordova High School, Rancho Cordova, CA**

SPICED CRANBERRY ORANGE MOLD

Serves 10

1 (8 serving) package raspberry jello (sugar-free okay)
1 1/2 cups boiling water
1 (16 ounce) can whole cranberry sauce
1 cup cold water
1 tablespoon lemon juice
1/4 teaspoon ground cinnamon
1/8 teaspoon cloves
1 orange, sectioned, diced
1/2 cup walnuts (optional)

Dissolve gelatin completely in boiling water in large bowl. Stir in cranberry sauce, cold water, lemon juice, cinnamon and cloves. Refrigerate about 1 1/2 hours or until thickened (spoon drawn through leaves a definite impression). Stir in orange and walnuts. Spoon into 5 cup ring mold. Refrigerate 4 hours or until firm; unmold. Garnish as desired.

"Great for holiday time and after."

Carolyn Hamill — **Pierce High School, Arbuckle, CA**

SPINACH AND FRUIT SALAD

Serves 6

1 bunch spinach
2 apples with skins, cored and cut into chunks
3/4 cup peanuts, crushed
3/4 cup raisins
4 green onions, chopped
1/3 cup white wine vinegar
2/3 cup oil
1 tablespoon chutney
1 teaspoon dry mustard
1 teaspoon curry powder
1 teaspoon salt
1/4 teaspoon tabasco salt

Wash and remove stems from spinach. Combine remaining salad ingredients and chill. Mix ingredients for dressing and toss with salad.

"This salad is wonderful with BBQ chicken."

Sue Campbell — **Chico Junior High School, Chico, CA**

SPINACH SALAD

Serves 6

1 bunch fresh spinach
1 can water chestnuts, sliced and drained
2 hard cooked eggs, chopped
1/2 cup red or green onion, chopped
6 slices bacon, fried crisp and drained, broken into bits
croutons (optional)
1/2 cup oil
1/4 cup tarragon vinegar
1/4 cup sugar
2 teaspoons worcestershire sauce
3 tablespoons ketchup

Wash, drain and stem spinach. Toss spinach with water chestnuts, eggs, and onion; set aside or refrigerate. Combine dressing ingredients and refrigerate at least 1 hour before using. When ready to serve, pour dressing over spinach and toss. Garnish with bacon bits and croutons.

"Always a potluck favorite."

Patty Dyle **John F. Kennedy High School, La Palma, CA**

SPLENDID RASPBERRY GREENS

Serves 8

2 tablespoons raspberry vinegar
2 tablespoons raspberry jam
1/3 cup vegetable oil
8 cups romaine lettuce or spinach leaves, cleaned, stemmed and torn into pieces
3/4 cup Macadamia nuts, coarsely chopped
1 cup raspberries, fresh or frozen
3 kiwi, peeled and sliced

To prepare dressing: combine raspberry vinegar and jam in a small bowl or blender. Add oil in a thin stream, blending well. (You may use less oil if desired.) On a platter or flat salad bowl, toss the salad greens, 1/2 of the nuts, 1/2 of the raspberries and 1/2 of the kiwi with the dressing. Top with the remaining nuts, raspberries and kiwi. You may serve the dressing on the side rather than tossing with the salad greens.

"This recipe is fun and a colorful salad to serve dinner guests."

Anita Cornwall **Cimarron-Memorial High School, Las Vegas, NV**

SPRING PEA SALAD

Serves 4

10 ounces peas, fresh or frozen
1 cup celery, diced
1 cup fresh cauliflower flowerettes, chopped
1/4 cup green onion, diced
2 tablespoons pimento, chopped (optional)
1 cup salted cashews, macadamia or sunflower seeds, chopped
1/4 cup bacon, cooked crisp and crumbled
1/2 cup sour cream
1 cup Hidden Valley Ranch salad dressing, prepared
1/2 teaspoon dijon mustard
1 small clove garlic, minced

Rinse peas in hot water or, if fresh, steam; drain. Combine vegetables, nuts and bacon with sour cream. Mix dressing, mustard and garlic together; pour over salad mixture. Toss gently. Chill.

"This salad tastes great and needs no last minute preparation."

Wanda Shelton **Newport Harbor High School, Newport Beach, CA**

SPRING SALAD WITH STRAWBERRIES, AVOCADO & KIWI

Serves 6

12 strawberries, sliced
3 kiwi, peeled and sliced
2 heads butter lettuce or a mixture of greens
1 avocado, peeled and cubed
1/3 cup olive oil
3 tablespoon raspberry vinegar
3 tablespoons fresh orange juice
1/2 teaspoon salt
1/8 teaspoon pepper

Combine all salad ingredients except avocado and dressing; chill. Prepare dressing by combining ingredients and mixing well. Just before serving, add avocado and toss with dressing.

"A beautiful salad that is light and colorful!"

Julie Shelburne **Tulare Union High School, Tulare, CA**

STRAWBERRY BAVARIAN SALAD

Serves 6

1 (3 ounce) package strawberry jello
1 cup boiling water
1 (10 ounce) package frozen strawberries
1 1/2 cups Cool Whip, thawed

Dissolve jello in boiling water. Add frozen strawberries; stir until berries separate and gelatin thickens. Fold in Cool Whip. Spoon in mold or serving bowl. Chill until set, about 30 minutes. Garnish with additional Cool Whip and fruit, if desired.

"I love simple, uncomplicated recipes you can make ahead so you can enjoy your company!"

Pamela Townsend **Vandenberg Middle School, Lompoc, CA**

SUGAR-FREE STRAWBERRY DELIGHT JELLO SALAD

Serves 8

1 1/2 cups hot water
1 (6 ounce) package sugar-free strawberry jello
1 (20 ounce) package frozen strawberries, sliced or whole
1 cup crushed pineapple
3 - 4 bananas, sliced
1 cup walnuts, chopped
1 (16 ounce) carton fat-free sour cream

Dissolve jello in hot water. Fold in frozen strawberries, crushed pineapple, banana slices and walnuts and stir to mix. Pour 1/2 of the mixture into a 12" x 8" dish and refrigerate until firmly set, setting aside other 1/2 at room temperature. When refrigerated half is set,

gently spread with sour cream and top with remaining ½ of mixture. Refrigerate 2 - 3 hours before serving.

"This is an excellent low-calorie, sugar-free recipe, for holiday meals. It's also very good as a light dessert."

Rosemary Garland **Ontario High School, Ontario, CA**

TABOULE (SYRIAN SALAD)

Serves 8

1 cup fine cracked wheat bulgur (Fisher-Ala)
3 medium-sized tomatoes, finely chopped
4 cups parsley, chopped
1 cup fresh mint leaves, chopped
10 radishes, finely chopped
1 green pepper, finely chopped
4 green onions, tops included, finely chopped
salt to taste
dash cayenne pepper
1 teaspoon black pepper
½ cup vegetable oil

Place cracked wheat in large bowl and top with tomatoes to help soften wheat. Add all chopped ingredients, seasonings, oil and lemon juice. Mix thoroughly. Best if allowed to sit overnight. May be used in 1 - 3 days.

"Enjoy!"

Pat Smith **Kern Valley High School, Lake Isabella, CA**

TRICOLOR PASTA CHICKEN SALAD

Serves 24 or more!

1 ½ cups rice wine vinegar
1 ½ cups olive oil
1 ½ teaspoons ground ginger
1 teaspoon pepper
6 tablespoons parsley
⅓ cup soy sauce
3 teaspoons sesame oil
2 teaspoons garlic powder
1 ½ pounds tri-color spiral pasta
5 cups chicken, cooked and shredded
¾ cup green onions, sliced
1 ½ cups carrot, shredded
1 basket cherry tomatoes, quartered
⅓ cup sesame seeds, browned
fresh parsley, for garnish

Mix together dressing ingredients at least one day before serving and refrigerate. Bring to room temperature before using. Cook pasta according to package instructions; cool. Mix together all salad ingredients, toss with dressing. Garnish with parsley and chill at least 2 hours before serving.

"You can make this pasta dish a day ahead for a brunch or pot luck."

Dotti Jones **Etiwanda High School, Rancho Cucamonga, CA**

TROPICAL CHICKEN SALAD

Serves 4

2 cups chicken, cooked and diced
1 small cantaloupe, peeled and diced, or cut with melon baller into balls
1/2 small honeydew melon, peeled and diced, or cut with melon baller into balls
1 (11 ounce) can mandarin oranges, drained OR segments from 2 fresh oranges
1 cup green grapes (optional)
1 cup fresh strawberries, halved (optional)
1 banana, sliced
1/2 cup celery, thinly sliced
2 tablespoons green onions, finely minced
1/4 cup toasted almonds, sliced
Crisp lettuce leaves
1 egg
1/2 cup orange juice
2 tablespoons sugar
1 teaspoon salt
1 teaspoon paprika
1/2 teaspoon celery seeds
3/4 cup salad oil

Place chicken into large mixing bowl. Cover and chill. In food processor fitted with steel blade, prepare dressing by combining all dressing ingredients except salad oil. Turn food processor on and slowly drizzle in salad oil to make a smooth, homogenized, but slightly runny dressing; set aside. Combine chicken with orange segments, grapes, strawberries, bananas, celery and onions; toss to blend. Just before serving, add 1/2 cup dressing. Turn into crisp-lettuce-lined bowl or individual plates. Sprinkle with toasted almonds. Serve extra dressing at the table to spoon over servings.

NOTE: To make 8 servings, double the salad ingredients, but make only 1 1/2 times the dressing, using 2 small eggs.

"Easy and tasty!"

Colleen Easton **Brea-Olinda High School, Brea, CA**

TUNA CRUNCH SALAD

Serves 6 - 8

1 (9 1/2 ounce) can tuna
1 medium green pepper, diced
2 green onions, chopped
1 pint sour cream
1 (5 1/2 ounce) can Chinese noodles
1 (2 ounce) package slivered almonds

Mix all ingredients together gently, shortly before serving.

"A great, quick-to-put-together salad!"

Sandra Robertson **Whittier High School, Whittier, CA**

V-8 PICANTE ASPIC

Serves 6 - 8

2 cups V-8 Picante juice
1 bay leaf
3 whole cloves
3 whole peppercorns
1/4 teaspoon salt
1 (3 ounce) package lemon jello
1 tablespoon vinegar or lemon juice
1 cup stuffed green olives, sliced
1 (7 ounce) can tiny shrimp, rinsed and drained

In a saucepan, combine 1 cup V-8 juice, bay leaf, cloves, peppercorns and salt. Bring to a boil for 5 minutes. Add jello and stir to dissolve completely. Remove cloves and peppercorns. Add remaining 1 cup V-8 juice, vinegar, olives and shrimp. Pour into one quart dish and chill until firm.

"An updated version of an old-time favorite."

Joyce Doig **Hesperia High School, Hesperia, CA**

WALDORF COLESLAW

Serves 6 - 8

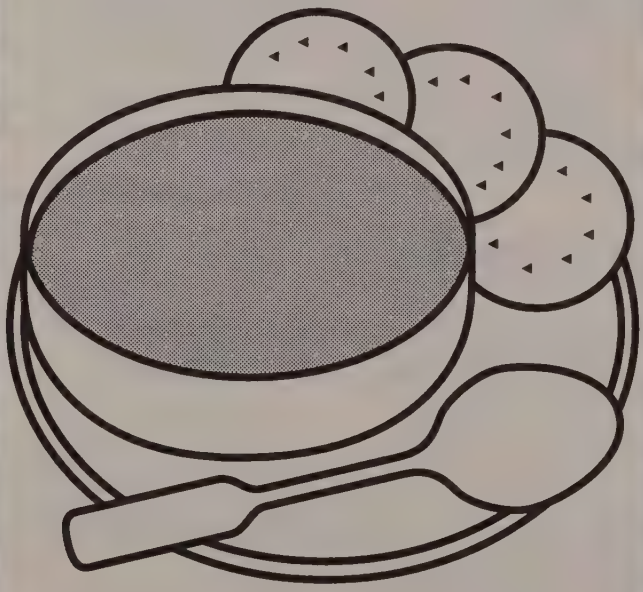
4 cups cabbage, shredded
2 cups apple, chopped
1 cup celery, sliced
1 cup walnuts, chopped
1/4 cup lemon juice
3 tablespoons honey
2 tablespoons water
1 tablespoon oil
1 teaspoon dijon-style mustard

In a large salad bowl, combine cabbage, apple, celery and walnuts. In another bowl, mix together lemon juice, honey, water, oil, mustard, garlic and salt. Toss dressing into cabbage mixture.

"This interesting version of coleslaw always gets raves."

Nanci Burkhart **Hueneme High School, Oxnard, CA**

Soups



15 MINUTE CLAM CHOWDER

Serves 4

2 cans clams, chopped
2 stalks celery, chopped
2 tablespoons dehydrated onion
1 can cream of celery soup
1 can cream of mushroom soup
1 can cream of potato soup
1 pint half & half or milk

Drain juice from clams into pan and cook celery and onion in juice until tender; about 10 minutes. Add the 3 cans of soup and dilute with half & half or milk to desired consistency. Bring to a boil; add clams but do not boil again. Serve.

"This is very easy and good too!"

Merideth Marcus **San Pasqual High School, Escondido, CA**

AFTER SKI ZOOP

Serves 6 - 8

46 ounces tomato juice
2 cans beef consomme
1 teaspoon Italian seasoning
pinch of salt, pepper and sugar, to taste

Combine liquids in 3 quart saucepan. Add Italian seasoning. Season to taste with pinches and dashes of salt, pepper and sugar. Heat and serve.

"This has become a favorite on any cold or blustery day (and you know how many snow-ski days we have in San Diego!)."

Sue Walters **Morse High School, San Diego, CA**

ALMOST CAMPBELL'S CHICKEN NOODLE SOUP

Serves 6 - 8

2 pounds chicken
2 tablespoons Iris chicken soup base
2 quarts water
1 small onion, peeled
2 ounces spaghetti noodles

Place chicken, soup base, water and onion in a medium saucepan and bring to a boil; lower heat and simmer 15 minutes. Add spaghetti noodles (unbroken) and bring to a boil; lower heat to simmer. Cook until noodles are tender and chicken is done, about 30 minutes. Cool; remove meat from bones and cut into bite-sized pieces, skim off fat and remove onion. Return chicken to soup and serve warm.

"Grandkids think it's Campbell's soup. Soup is better the second day."

Catherine Diaz **Exeter High School, Exeter, CA**

BAKED MINESTRONE

Serves 10 - 12

1 1/2 pounds lean beef for stew, cut in 1" cubes
1 cup onion, coarsely chopped
2 cloves garlic, crushed
1 teaspoon salt
1/4 teaspoon pepper
2 tablespoons olive oil
3 (10 ounce) cans condensed beef broth
2 soup cans water
1 1/2 teaspoons herb seasoning
1 (16 ounce) can tomatoes, undrained
1 (15 1/4 ounce) can kidney beans, undrained
1 (6 ounce) can pitted ripe olives, undrained
1 1/2 cups carrots, thinly sliced
1 cup small seashell macaroni
2 cups zucchini, sliced
grated Parmesan cheese

Mix beef, onion, garlic, salt and pepper in large saucepan. Add olive oil and stir to coat meat evenly. Bake at 400 degrees for 30 minutes, or until meat is browned, stirring occasionally. Turn oven down to 350 degrees. Add broth, water and seasoning; stir. Cover and cook 1 hour, or until meat is tender. Stir in tomatoes, kidney beans, olives, carrots and macaroni. Put sliced zucchini on top. Cover; bake 30 to 40 minutes, or until carrots are tender. Serve with freshly grated Parmesan cheese.

"This soup is better the second day. It's always a hit for soup dinners."

Mary Carr **Enterprise High School, Redding, CA**

BLACK BEAN AND SPINACH SOUP

Serves 4

2/3 cup black beans
3 tablespoons onion, chopped
2 tablespoons celery, chopped
1 teaspoon garlic, finely chopped
1 teaspoon ginger root, peeled and finely shredded
1 teaspoon orange zest
5 ounces spinach leaves, wash and stemmed
freshly ground black pepper
4 tablespoons plain nonfat yogurt OR nonfat sour cream
1 tablespoon cilantro, chopped

Sort, wash and drain black beans. In a large saucepot, combine beans, onion, celery, garlic, ginger root, and orange zest. Cover with 6 cups water. Bring to a boil, stirring occasionally. Lower heat, cover and simmer 1 hour, until beans are fully cooked. Place the washed spinach leaves in a heated teflon saute pan. Stir until wilted but still bright green, 2 - 3 minutes. Add ground pepper and cool. Mince the cooked spinach and set aside. Puree one third of the cooked beans in a blender or food processor until smooth. Transfer back to the saucepot. Stir the spinach into soup, heat to simmering and serve.

Garnish individual servings with a dollop of yogurt or sour cream and sprinkle with cilantro.

"This hearty soup can be used as a main course as well as part of a meal. The orange and ginger add a light delicate accent to the otherwise heavy soup."

Linda Falkenstien **Morro Bay High School, Morro Bay, CA**

BROCCOLI CHEESE SOUP

Serves 6

10 ounces broccoli, chopped
1/2 cup water
2 cans cream of potato soup
2 cups milk
2 cups medium or sharp cheddar cheese, shredded

In large sauce pan, bring water and broccoli to a boil. Cover and simmer 5 minutes - do NOT drain water. Stir in potato soup and milk. Stir over high heat for 3 minutes. Whisk in cheese. Serve.

"This is very quick and easy. Great after a day on the slopes."

Robin Ali-Christie **Nevada Union High School, Grass Valley, CA**

CHEESE VEGETABLE SOUP

Serves 4 - 6

1 cup potatoes, peeled and diced
3/4 cup onion, chopped
1/2 cup carrots, peeled and sliced
1/2 cup celery, peeled and sliced
2 cups water
2 tablespoons butter
3 teaspoons instant chicken bouillon
1 cup milk
1/4 cup flour
1 cup cheddar cheese, shredded
1/2 teaspoon dry mustard
pinch pepper

In saucepan, put potatoes, onion, carrots and celery with water. Add butter and instant chicken bouillon; heat to boil, cover and simmer 30 minutes. In a bowl, combine milk, flour and shredded cheese; blend into soup. Add dry mustard and pinch pepper; cook and stir until cheese melts.

"A favorite with students. Makes a great lab."

Barbara Crampton **Buena Park High School, Buena Park, CA**

CHICKEN CHOWDER

Serves 5 - 6

4 cups chicken broth
1 cup celery, diced
1 onion, finely diced
2 cups carrots, diced
3 cups potatoes, diced
2 - 3 cups chicken or turkey, cooked and diced
1/2 cup butter
1/2 cup flour
1 can evaporated milk
salt and pepper, to taste

Combine broth, celery, onion, carrots and potatoes; simmer until tender. Add chicken or turkey. In another saucepan, melt butter; add flour, then stir into vegetable mixture. Add canned milk and salt and pepper.

"This is a great way to use your leftover turkey from holiday dinners."

Kathy Sandoz **Mesa Junior High School, Mesa, AZ**

CHICKEN CORN SOUP

Serves 6

6 tablespoons (3/4 stick) butter or margarine
1/4 cup onion, chopped
1 cup celery, chopped
6 tablespoons flour
2 cups chicken broth
1 (1 pound) can creamed corn
3/4 cup milk
3/4 cup half & half
2 tablespoons carrot, shredded
1 tablespoon fresh parsley, minced
1/4 teaspoon nutmeg
1/8 teaspoon pepper

In a large saucepan, cook butter, onion and celery over medium heat for 3 minutes. Stir in flour; cook 5 - 6 minutes longer, or until mixture is golden. Add broth, whisk until smooth, raising heat a bit. Add remaining ingredients, except chicken, and then lower heat and simmer 3 minutes. Add chicken just before serving. Allow soup to stand a few minutes to heat chicken.

"This recipe is from the Amish people of Indiana. It's a wonderful, thick, hearty recipe that we enjoy in fall and winter. I cut calories by reducing the butter and using lowfat milk instead of half & half."

Sheryl Malone **Mt. Carmel High School, San Diego, CA**

CHICKEN NOODLE SOUP WITH VEGETABLES

Serves 5 - 6

1 1/4 pounds chicken, cut up
4 cups water
2 carrots, sliced
2 stalks celery, diced
1 - 2 teaspoons salt
1/2 teaspoon sugar
1/4 teaspoon pepper
2 chicken bouillon cubes
2 cups egg noodles, uncooked

Heat chicken and water to boiling; reduce heat, cover and simmer until chicken is cooked, about 45 minutes. Let cool and skim off fat. Drain the broth and set aside. Remove chicken from bones and cut into small pieces. Combine the broth, chicken and remaining ingredients except the noodles. Simmer 30 minutes. Cook the noodles, according to package directions, in another pot and drain. Add cooked noodles to the soup and serve.

"This recipe has been a favorite with our students. Serve with hot homemade bread."

Bonnie Landin **Garden Grove High School, Garden Grove, CA**

CHICKEN VEGETABLE CHOWDER

Serves 8

1 (10 ounce) package broccoli, frozen, chopped
3 medium stalks celery, thinly sliced
1 medium onion, chopped
2 cups water
1 teaspoon salt
1 (10 3/4 ounce) can condensed chicken broth or 1 1/4 cups chicken broth
2 cups cold milk, divided
1/2 cup flour
1 1/2 cups cooked chicken, cut up
6 ounces Swiss cheese, cut into cubes

Rinse broccoli under running cold water to separate, drain. Heat broccoli, celery, onion, water, salt and broth to boiling in Dutch oven; reduce heat. Cover and simmer 10 minutes.

Shake 1 cup cold milk and the flour in tightly covered container; gradually stir into hot mixture. Heat to boiling. Boil and stir 1 minute. Stir in chicken and remaining 1 cup milk. Heat over low heat, stirring occasionally, just until hot, about 10 minutes. Stir in cheese; let stand just until cheese is melted, 3 to 5 minutes; stir.

"A 1 cup serving is about 225 calories."

Linda Woolley **La Sierra High School, Riverside, CA**

CHILLED PEAR SOUP

Serves 4

1 1/2 cups strained pears
1/2 cup strained carrots
1/4 cup cream
2 teaspoons lime juice (fresh)
2 teaspoons curry powder
1 tablespoon sugar
fresh mint leaves, for garnish

Combine first six ingredients; pour into serving dishes. Chill 1 - 2 hours. Garnish with mint leaves.

"Zesty and colorful."

Edna O'Neal **Durango High School, Las Vegas, NV**

CORN AND BACON CHOWDER

Serves 8 - 10

12 slices bacon
1/2 cup green pepper, chopped
1/2 cup onion, chopped
1/3 cup flour
1 teaspoon celery salt
1/4 teaspoon pepper
4 cups half & half
1/4 cup pimento, chopped
2 (10 ounce) packages frozen corn, thawed
2 cups Swiss cheese, shredded

Cook bacon until crisp. Reserve 1/4 cup drippings. Crumble bacon and set aside. In heavy pot, cook green pepper and onion in reserved bacon drippings, over medium heat until tender. Blend in flour, celery salt and pepper. Stir in half & half and pimento. Stir constantly over medium heat until mixture thickens and bubbles. Stir in corn and cheese; bring to a boil; reduce heat; cover and simmer 20 minutes or until corn is tender, stirring occasionally. Stir in crumbled bacon or serve sprinkled over the top.

"Fat and calories can be reduced by substituting about half of the half & half with milk."

Karin Hitchen **Arroyo Grande High School, Arroyo Grande, CA**

CORN 'N FRANK CHOWDER

Serves 6

2 tablespsoons margarine
1 pound turkey franks, sliced
1/2 cup green or red pepper, chopped
1/2 cup onion, chopped
2 (17 ounce) cans cream style corn
1 cup nonfat milk
3/4 pound light Velveeta cheese, cubed
dash pepper

Melt margarine in 3 quart saucepan. Add franks, bell pepper and onion. Cook until tender. Add corn, milk, cheese and pepper. Stir until cheese is melted. Serve.

"Quick and easy - a family favorite!"

Mary M. Rector **Valley High School, Las Vegas, NV**

COUNTRY TOMATO SOUP

Serves 12

1/4 cup butter
2 cups leek, minced (white part only)
2 1/2 quarts rich beef stock
3 pounds ripe tomatoes, peeled, seeded, chopped, juice reserved and strained
5 tablespoons red wine vinegar
1/4 cup sugar
1/3 cup dry white wine
3 tablespoons cornstarch
salt & freshly ground pepper, to taste
1/2 cup green onion, minced, for garnish

Melt butter in heavy saucepan; reduce heat to low and add leeks. Cover and let sweat until transparent, about 10 - 14 minutes. Add stock and reserved strained tomato juice; simmer 10 minutes. Stir in vinegar and sugar. In small bowl, combine wine and cornstarch; whisk cornstarch mixture into soup. Add chopped tomatoes and simmer 5 minutes. Season with salt and pepper. Garnish with green onions.

"Great soup for entertaining. I have to thank my sister-in-law for sharing her recipe."

Carol O'Keefe **Canyon High School, Anaheim, CA**

CREAM OF ZUCCHINI SOUP

Serves 4 - 6

1/2 cup onion, minced
3 tablespoons margarine
1/4 cup zucchini, cut into 1/2" cubes
6 cups chicken broth
1 1/2 teaspoons wine vinegar
3/4 teaspoon dill weed
4 tablespoons quick cooking cream of wheat cereal
dash salt and pepper
1 pint sour cream

Saute onions slowly in margarine; add zucchini, broth, vinegar and dill. Bring mixture to a boil; stir in cream of wheat; simmer, partially covered, 20 - 25 minutes. Cool; liquefy the mixture in a blender and return to saucepan; season with salt and pepper. Store in air-tight container. Before serving: Heat soup; place a dollop of sour cream in the bottom of each serving bowl; added heated soup and enjoy!

NOTE: This soup freezes well - freeze BEFORE adding sour cream.

"Uhmmmmmm good and healthy too! What a deal!"

Debbie Sullivan **Silverado High School, Las Vegas, NV**

DANVILLE HOTEL CREAM OF GREEN CHILE SOUP

Makes 10 cups

4 (4 1/2 ounce) cans chicken broth
1 yellow onion, diced
1 (12 ounce) can green chiles, diced
oil
1/2 teaspoon cumin
1 tablespoon fresh parsley, chopped
2 tablespoons fresh cilantro, chopped
1/2 teaspoon freshly ground pepper
1/2 teaspoon tabasco sauce
1/2 teaspoon worcestershire sauce
1 cup butter, melted
1 cup flour
1 cup heavy cream
1/2 cup red pimiento, diced
salt, to taste

Bring chicken broth to a boil. Saute onion and green chiles in a small amount of oil. Add spices. Add onion and chile mixture to stock and simmer 20 minutes. Meanwhile, combine melted butter and flour; mix well. Add 3/4 of the butter/flour mixture to the soup and whip until smooth. It will begin to thicken. If a thicker soup is desired, add more of the mixture. To finish, add cream slowly while stirring. Add pimiento and salt and adjust seasonings. Serve.

"This was the house soup and served at the very popular Danville Hotel. The hotel has since closed but this great recipe lives on."

Liz Coleman **Oroville High School, Oroville, CA**

DRIED BEAN SOUP AKA "SENATE BEAN SOUP"

Serves 4 - 6

1/2 cup dry navy or northern beans
small piece ham, ham bone or ham hock
4 cups boiling water
1/2 bay leaf
3 - 4 peppercorns
3 whole cloves
1 carrot, diced
3 ribs celery with leaves, chopped
1/2 onion, sliced
1 clove garlic, minced
Optional: 1/8 teaspoon saffron, 1/2 cup potatoes, cooked and mashed, 1/2 cup sorrel, chopped

Soak beans overnight or bring to a boil and let stand 1 hour. Add meat, water, bay leaf, peppercorns and cloves. Cook until beans are soft, 2 1/2 to 3 hours. For the last 30 minutes add carrots, celery, onion, garlic and optional ingredients if desired. The meat and/or bone can be removed at this point and the soup "processed" in a blender. Mince meat and return to soup.

"This is family favorite. All of my 7 children love it!"

Carole Call **Costa Mesa High School, Costa Mesa, CA**

FESTIVE CHILI

Serves 6 - 8

2 pounds ground beef
1 large onion, chopped
4 (8 ounce) cans tomato sauce
4 (8 ounce) cans water (from tomato sauce)
1 (30 ounce) can chili beans
2 packages Schilling Chili Seasoning Mix
1 tablespoon chili powder

Brown ground beef and onion. Put in a large pot with tomato sauce and equal parts water, chili beans, chili seasoning mix and chili powder. Simmer all day - stirring as needed. Serve with Fritos and grated cheddar cheese.

"Yum - on a cold rainy day! My dad used to make this."

Debbie Rothe **Alta Loma High School, Alta Loma, CA**

FRENCH ONION SOUP

Serves 4 - 6

4 large onions, chopped
1 tablespoon butter
1 tablespoon + 2 teaspoons olive oil, divided
1/4 teaspoon sugar
2 tablespoons flour
6 cups beef stock, heated
salt and pepper to taste
1/4 cup vermouth
4 - 6 slices French bread
1 clove garlic
2 tablespoons cognac
1 cup Swiss cheese, grated

In a covered 4 quart saucepan, saute onions in butter and 1 tablespoon olive oil for 10 minutes. Uncover and add sugar. Continue cooking onions, stirring frequently, for about 25 to 30 minutes. Sprinkle with flour; stir over heat for 2 minutes. Blend in hot broth and vermouth. Simmer for about 1 hour and season as necessary.

Prepare bread slices by toasting lightly, then basting each slice with 1/2 teaspoon oil and rub with garlic clove. Add cognac to soup. Divide soup into oven proof bowls. Sprinkle with 1/2 of cheese into bowls. Float slices of bread on soup and add the rest of the cheese. Bake in a preheated oven at 325 degrees until hot. Place under broiler for 2 - 3 minutes until cheese is golden brown. Serve hot.

Angela Croce **Mira Mesa High School, San Diego, CA**

Festive Cheese and Bean Dip, Page 51

Crunchy Bacon-Orange Salad, Page 65

Cheese Steak Salad, Page 64

GAZPACHO

Serves 6 - 8

1 cucumber, pared and chopped
4 - 5 tomatoes, chopped
1 onion, chopped
1/2 green pepper, chopped
1 (46 ounce) can tomato juice
1/4 cup olive oil
1/4 cup wine vinegar
1 teaspoon salt
1/4 teaspoon pepper
garlic salt, to taste

Combine all ingredients and chill at least 4 hours.

"I got this recipe from a good friend. I especially prepare it during the summer, and I often add carrots and zucchini."

Doris Oitzman **Victor Valley High School, Victorville, CA**

HAMBURGER VEGETABLE SOUP

Serves 4 - 6

1/2 pound ground beef
1/2 cup onion, chopped
1/4 cup green pepper, chopped
1 or 2 beef bouillon cubes, (dissolved in a little hot water)
2 stalks celery
2 potatoes, diced
2 carrots, diced
1/2 cup cabbage, chopped
1 quart hot water
1 tablespoon salt
2 cups tomato puree

Brown hamburger, breaking up thoroughly, with onion and green pepper. Brown hamburger thoroughly, then drain grease off. While hamburger is cooking, put all the other vegetables in a large soup pan with water, salt and tomato puree. Add dissolved bouillon cubes, hamburger, onion and green pepper. Simmer until vegetables are tender, about 45 - 50 minutes.

"Everyone seems to enjoy this soup with French bread."

Judith Huffman **Mariposa County High School, Mariposa , CA**

ITALIAN HAMBURGER MINESTRONE SOUP

Serves 6

1 pound hamburger (or turkey, if preferred)
1 cup onion, chopped
2 tablespoons oil
1 large can tomatoes
1 cup cabbage, chopped
1 cup potato, peeled and diced
1 cup carrots, sliced
3/4 cup celery, sliced
1/4 cup green pepper, chopped
1 1/2 quarts water
1/4 cup rice, uncooked
2 bay leaves,
1/2 teaspoon thyme
1/4 teaspoon oregano
1/4 teaspoon basil
4 teaspoons salt
1/4 teaspoon pepper
2 beef bouillon cubes
fresh Parmesan cheese, grated

In large kettle or pot, saute onion and hamburger in oil, until meat is browned. Add tomatoes, cabbage, potaotes, carrots, celery, green pepper and water; bring to a boil. Add rice, bay leaves, thyme, oregano, basil, salt, pepper and bouillon cubes. Cover and simmer for 1 hour. Serve sprinkled with Parmesan cheese.

"Great winter soup recipe. Serve with French bread, and it's dinner!"

Beverly Fincher-Ranger **Carpinteria High School, Carpinteria, CA**

ITALIAN SAUSAGE SOUP

Serves 6 - 8

1 1/2 pounds Italian sausage, cut into 1/2" lengths
2 cloves garlic, minced
2 large onions, chopped
1 (28 ounce) can tomatoes
3 (14 ounce) cans beef broth
1 1/2 cups dry red wine
1/2 teaspoon sweet basil
3 tablespoons parsley
1 medium green bell pepper, chopped
2 medium zucchini, sliced 1/4" thick
1 1/2 cups egg noodles
Parmesan cheese

In a 5 quart Dutch oven, cook sausage until browned; pour off any fat and discard. Add garlic and onions, cook until limp. Stir in tomatoes, including liquid. Add broth, wine and basil. Simmer, uncovered 30 minutes. Add parsley, bell pepper, zucchini and noodles. Simmer, covered, 25 minutes. Sprinkle cheese over top before serving.

"A former student entered this in a food contest and placed in the top three."

Marianne Estes **La Mirada High School, La Mirada, CA**

LEE'S NEW ENGLAND CLAM CHOWDER

Serves 12 - 15

1 (3 pound) can clams in clam juice
8 medium potatoes, peeled
1 cup butter
1 onion, diced
1 quart half & half
1/4 teaspoon allspice
1/4 teaspoon Old Bay seasoning
1/4 teaspoon tarragon, crushed
1/4 teaspoon pepper
1/4 teaspoon salt
1 cup flour

Drain clams from juice; set aside. Place juice in large 4 quart pan. Cut potatoes into 1/2" pieces; add to clam juice and simmer until potatoes are done, about 30 minutes. Melt butter in skillet and saute onions. Add onion to potatoes. Add clams and half & half. Add all spices and simmer 3 - 5 minutes. Mix flour with water; add to soup, while simmering, until your desired consistency is achieved. Enjoy!

Phyllis Arkus **Lakewood High School, Lakewood, CA**

LENTIL SOUP

Serves 8

7 - 8 cups chicken broth
1 (1 pound) can stewed tomatoes
1 1/2 cups lentils
1 cup brown rice
1 medium onion, chopped
2 - 3 stalks celery, chopped
4 - 5 carrots, chopped
3 - 4 cloves garlic, minced
basil, oregano and thyme, to taste
2 bay leaves
1 - 2 bouillon cubes (optional)
5 - 6 small dried red chiles (optional)
1/2 cup fresh parsley, chopped
2 tablespoons cider vinegar

Combine all ingredients except parsley and vinegar in large soup pot; cover and simmer 45 minutes. Add parsley and vinegar; serve.

"Lowfat, healthy, high in carbohydrates - great for cold nights or crock pots."

Teresa Stahl **Needles High School, Needles, CA**

MEATBALL VEGETABLE SOUP

Serves 4

1 pound extra lean ground beef
1 egg
1 teaspoon salt
1/4 teaspoon pepper
1 quart beef broth
1/2 - 1 whole onion, cut into small pieces
3/4 cup carrots, thinly sliced
3/4 cup celery, thinly sliced
1/2 small head cabbage, shredded
1 large can tomatoes, diced, with juice
1/2 cup rice
4 cups tomato juice
1 bay leaf
1 teaspoon dried basil leaves

Combine ground beef, egg, salt and pepper; shape into meatballs. Bring broth to a boil. Add meatballs, vegetables, rice, tomato juice and seasonings. Cover and simmer for 30 minutes, stirring occasionally. Discard bay leaf and serve.

"This is a fast soup to make. It tastes so good on a cold wintery day."

Cindy Quinn **Dale Junior High School, Anaheim, CA**

MEXICAN MEATBALL SOUP

Serves 10

1 egg
½ cup onion, chopped
¼ cup corn meal
1 (4 ounce) can diced green chiles
1 clove garlic, minced
1 teaspoon salt
¼ teaspoon oregano
¼ teaspoon pepper
1 pound lean ground beef,
3 cups water
1 (16 ounce) can tomatoes, cut up
1 (8 ounce) can tomato sauce
1 tablespoon sugar
1 tablespoon chili powder
⅓ cup onion, chopped
1 clove garlic, minced
1 teaspoon salt
¼ teaspoon oregano
¼ teaspoon pepper
green chiles, to taste

Combine meatballs ingredients and roll into meatballs. Bring all ingredients for stock to boil and add meatballs. Cook until meatballs are done.

"Delicious and filling."

Jerilyn Anderson **Stapley Junior High School, Mesa, AZ**

MEXICAN SQUASH SOUP

Serves 4 - 6

1 cup butternut squash, peeled and cubed
4 potatoes, peeled and cubed
1 sweet onion, chopped
1 medium zucchini, chopped
1 cup chicken broth
1 cup fresh salsa
water

Place butternut squash and potatoes in microwave dish and cook on high for 6 minutes. In a medium sized soup pot, combine squash and potatoes with remaining ingredients, adding enough water to cover vegetables. Simmer for ½ hour. Serve with warm corn or flour tortillas.

"This is a healthy way to use up some of that endless supply of squash we gardeners always have around."

Gloria O'Hair **San Jacinto High School, San Jacinto, CA**

MINESTRONE

Serves 8 - 10

1 cup navy or small white beans
3 tablespoon butter
1/4 cup oil
1 cup onion, chopped
1 cup carrots, diced
1 cup celery, chopped
2 cups zucchini, diced
1 cup green beans, diced
3 cups cabbage, shredded
1/2 bunch spinach, chopped
1 pound chuck steak, cubed (optional)
6 cups beef broth
2 - 3 cups reserved bean liquid
1 can whole Italian tomatoes
1/2 cup parsley, chopped
4 tablespoons tomato paste
3 cloves garlic, minced
1 tablespoon basil
1 tablespoon salt
1/4 teaspoon pepper
1 cup red wine

Soak beans overnight, or simmer for 1 hour; drain, reserving liquid. In a large kettle, melt butter and saute fresh vegetables, one at a time for 2 minutes. Place all sauteed vegetables in large kettle. Add beans and all remaining ingredients except spaghetti and cook for 4 - 5 hours, stirring occasionally. In last 1/2 hour, add 2/3 cup broken spaghetti.

"A hearty soup that makes a meal. Serve with Parmesan cheese."

Charlotte Heitzmann **Mariposa County High School, Mariposa, CA**

MOM'S CHICKEN SOUP

Serves 4

3 - 4 chicken thighs
6 cups water
1 cup rice
1 small onion, chopped
1/4 bell pepper, chopped
1 1/2 teaspoons cilantro
1/4 teaspoon thyme
1/4 teaspoon basil
1/4 teaspoon marjoram
1/4 teaspoon sage
1/4 teaspoon rosemary

Stew chicken in water until completely cooked, about 45 minutes; remove bones, cut into bite-sized pieces and return to broth. Add rice, onion, bell pepper and cilantro. Season with spices and salt to taste. Cook until rice is tender. Serve with cornbread.

Myra Skidmore **Downey High School, Downey, CA**

MUSHROOM SOUP

Serves 4

2 tablespoons onion, minced
1/4 cup margarine or butter
1/4 cup flour
2 cups light cream
1 1/2 cups water
1 chicken bouillon cube
1/2 teaspoon lemon juice
4 ounces canned mushrooms, sliced and drained
1/4 cup parsley, chopped
fresh ground pepper
1 - 2 tablespoons dry sherry

Saute onion in margarine until soft. Add flour and cook to a paste. Slowly add cream, water, bouillon cube and lemon juice. Slowly bring to a boil; reduce heat. Cook below simmer 5 minutes. Add mushrooms, parsley, pepper and sherry. Simmer 2 minutes longer. Serve hot.

"This recipe doubles and triples very well to serve a larger group!"

Kathy Arthur **La Sierra High School, Riverside, CA**

NEW ENGLAND CLAM CHOWDER

Serves 6 - 8

1 medium onion, finely chopped
3 slices bacon
1/2 cup butter
1/2 cup flour
salt and pepper to taste
2 1/2 cups clam juice
2 cups potatoes, finely diced
2 (7 1/2 ounce) cans minced clams
1 quart half & half

Place onion, bacon and butter in a 3 quart microwave safe bowl. Cover with plastic wrap or lid. Microwave at 100% power 4 to 6 minutes, or until onion is limp and bacon is crisp, stirring halfway through cooking. Mix flour into onion mixture. Cover with waxed paper. Microwave at 100% power 2 minutes, stirring twice during cooking. Stir in the seasonings, clam juice and potatoes. Cover with lid or plastic wrap; microwave at 100% power 20 minutes or until potatoes are tender, stirring twice during cooking. Add clams. Cover with plastic wrap or lid; microwave at 100% power 5 minutes, stirring halfway through cooking. Stir in half & half; microwave at 70% power just to heated (approximately 7 - 10 minutes) NOT boiling, or use sensor probe set at 155 degrees.

Rhonda Nelson **Warren High School, Downey, CA**

NO MEAT MINESTRONE SOUP

Serves 10 - 12

1/3 cup oil
2 cups onion, chopped
1 cup celery, chopped
1/4 cup parsley, chopped
1 clove garlic, minced
1 (6 ounce) can tomato paste
1 (10 1/2 ounce) can beef broth
9 cups water
2 carrots, sliced
1 cup green beans, cut
1 cup macaroni
2 teaspoons salt
1/4 teaspoon black pepper
1/8 teaspoon ground sage
1 (1 pound) can kidney beans
1 zucchini, sliced
Parmesan cheese, freshly grated

Heat oil in large kettle. Add onions, celery, parsley and garlic; cook until tender. Stir in tomato paste, beef broth, water, carrots, green beans, macaroni, salt, pepper and sage. Cover; bring to a boil, reduce heat and simmer 45 minutes to 1 hour. Add undrained kidney beans and zucchini, cover and cook 10 - 15 minutes. Serve with Parmesan cheese.

"Simple, easy - never fails."

Connie Halloway **Fontana High School, Fontana, CA**

POTATO CHEESE SOUP

Serves 6 - 8

4 cups potatoes, peeled and sliced
1/4 cup onion, chopped
2 1/2 cups boiling water
1 teaspoon salt
1/4 cup margarine
1/4 cup flour
1/4 teaspoon pepper
1/2 teaspoon dry mustard
1 1/2 teaspoons soy sauce
2 cups milk
1 teaspoon fresh parsley
12 ounces velveeta cheese, cubed
2 cups milk

In a Dutch oven, add the first 4 ingredients; bring to a boil then simmer for 15 minutes. In a saucepan, melt butter, then add flour and stir until blended. Add pepper, dry mustard, soy sauce, milk and parsley to butter/flour m;ixture. Cook, stirring constantly, until mixture is smooth and thick. Add mixture to potato mixture; stir. Add cheese and milk and stir until smooth. Simmer for a few minutes. Serve.

"This was given to me by a friend, Kathy Lemen, at Camarillo High School - and it's a favorite of my family."

Mary Mondientz **Buchanan High School, Clovis, CA**

POTATO SAUSAGE SOUP

Serves 6

7 cups potatoes, diced
2 ribs celery, chopped
1 medium onion, chopped
1 package Hillshire Farms Smoked Sausage, sliced 1/8" thick
1/2 teaspoon pepper
1 1/2 teaspoon Hickory flavored salt
3 cups water
2 cups milk
2 tablespoons cornstarch
salt, to taste

Cook potatoes, celery, onions, sausages and seasoningsin water over low heat until soft and flavors have blended, about 30 minutes. Blend milk with cornstarch; add to potatoes to thicken. Salt to taste.

"Thanks to a friend who shared this recipe."

Donna Long **South Hills High School, West Covina, CA**

SCALLOP CHOWDER

Serves 6 - 8

1 small onion, chopped
3 - 4 tablespoons butter
1/2 - 1 teaspoon garlic, crushed (fresh or bottled)
1 1/2 pounds scallops
1/4 cup flour
6 - 8 cups milk
2 - 3 potatoes, diced
1 teaspoon salt
pepper to taste

In a Dutch oven or large pot, saute onions in butter; add garlic. Rinse and drain scallops. Place flour in a a bag and add scallops; shake to coat. Pour this into the pot. Continue to cook until scallops are no longer transparent; reduce heat. Add milk and potatoes. Stirring constantly, cook until thickened and potatoes are soft. Season and serve.

NOTE: If scallop mixture becomes too dry, add some of the milk early.

"When I'm in a hurry, I use Cascadian Farms - hash brown potatoes - they're frozen, diced potatoes!"

Mary Cronkhite **Quartz Hill High School, Quartz Hill, CA**

SOPA DE ALBONDIGAS (MEAT BALL SOUP)

Serves 6 - 8

1 onion, minced
1 large clove garlic, minced
2 tablespoons oil
1/2 cup tomato sauce
3 quarts beef stock
3/4 pound ground beef
3/4 pound ground pork
1/4 cup masa (dry)
1 egg, slightly beaten
1 tablespoon mint leaves, dried, crumbled
1 1/2 teaspoons salt
1/4 teaspoon pepper

Wilt onion and garlic in oil; add tomato sauce and beef stock. Heat to boiling point. Mix meat with masa, egg, mint, salt and pepper; shape into balls the size of golf balls. Drop into boiling broth. Cover tightly and cook 30 minutes. You may add carrots, peas, or other vegetables.

"My husband's favorite!"

Susie Pendleton **Cerritos High School, Cerritos, CA**

TACO SOUP

Serves 4 - 6

3/4 pound ground beef
2 tablespoons onion, chopped
1/4 cup prepared taco sauce
8 ounces stewed tomatoes
8 ounces kidney beans, undrained
7 ounces whole kernel corn, undrained
1 1/2 teaspoons chili powder
1/4 teaspoon garlic powder
6 tablespoons cheddar cheese, grated
3 tablespoons sour cream
corn chips, for garnish

Brown ground beef ; drain off fat. Add onion and saute. Add taco sauce, tomatoes, kidney beans, corn, chili powder and garlic powder; mix well. Bring to a boil. Simmer, covered, for 15 minutes. To serve, sprinkle with grated cheese and a dollop of sour cream. Garnish with corn chips.

"A wonderful meal on a cold winter evening."

Olga Sarouhan **Edison High School, Huntington Beach, CA**

TASTY NO BRAINER SOUP

Serves 8 - 10

3 ribs celery, chopped
3 carrots, peeled and chopped
1 onion, peeled and chopped
1/4 cup butter
2 (10 3/4 ounce) cans cream of potato soup, undiluted
2 (14 1/2 ounce) cans chicken broth
1 pound pasteurized processed cheese, such as Velveeta, cubed
1 (16 ounce) carton dairy sour cream

In a large saucepot with a heavy bottom, saute celery, carrots and onion in butter for 20 - 25 minutes over very low heat. Add potato soup and chicken broth, mix well. Cover and simmer 1 hour. Add cheese and sour cream; let simmer 10 minutes but DO NOT BOIL.

NOTE: This soup is very good served in hollowed out rolls.

"This recipe was served for my family's Christmas Eve party by my brother-in-law, Bill, an excellent chef! Adults and kids love it!"

Cari Sheridan **Grace Yokley Junior High School, Ontario, CA**

TURKEY SOUP

Serves 4 - 6

1 package turkey gravy
6 cups cold water
1 cup carrots, chopped
1/4 daikon radish, cut into chunks
1/2 small burdock root, diced
1 large shitake mushroom, diced
2 stalks celery, chopped
1 medium brown onion, diced
1 medium red pepper, chopped
1 medium green pepper, chopped
2 cloves garlic, diced
1 slice ginger root, peeled and diced
1/4 cup barley
1/4 cup green and yellow split peas
1 tablespoon Italian seasoning
1 turkey breast, cut into strips or chunks
1/4 teaspoon rosemary
1/4 teaspoon thyme
1/4 teaspoon marjoram
1/4 teaspoon cumin
1/4 teaspoon curry
1 bay leaf
2 - 3 cups vegetables, such as broccoli, peas, cauliflower, green beans, zucchini

Mix package of gravy with cold water until smooth. Add all ingredients except 2 -3 cups of vegetables (last ingredient) into a large pot. Bring to a boil. Cook on low heat, stirring occasionally for approximately 2 1/2 hours with cover on but vented. Stir in the remaining vegetables and continue to cook for about 30 minutes. As it cooks, it may be necessary to add more water. You can always substitute chicken or beef for the turkey or add potatoes, etc. Great served with garlic bread.

"A healthy soup. After cooking a turkey for the holidays, I make this soup and cook the bones with it until I add the variety of vegetables. Cooked soup can be frozen."

Becky Oppen **Dana Hills High School, Dana Point, CA**

YUMMY HEARTY SOUP

Serves 4 - 6

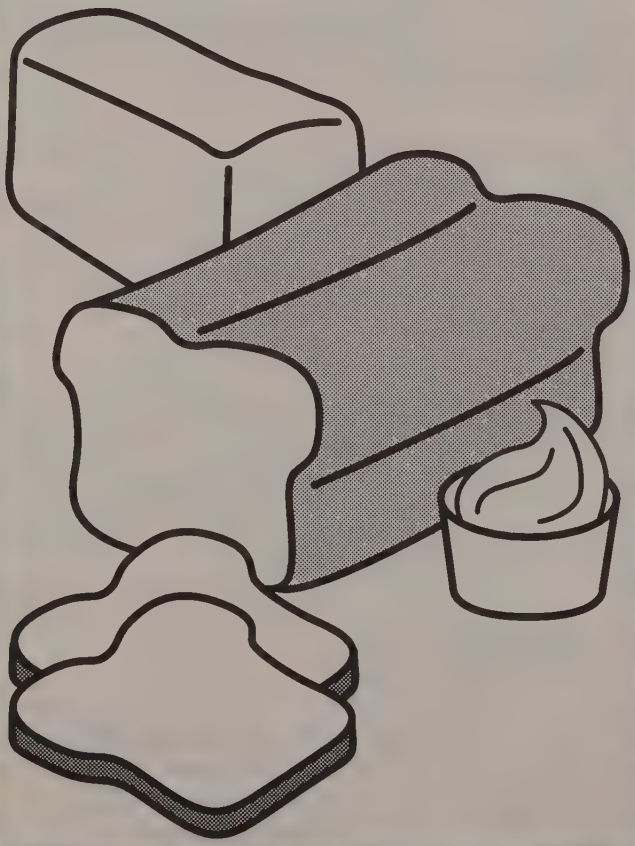
2 onions, chopped
1/2 pound ground beef or turkey
salt and pepper, to taste
1 can tomato soup
1 can beef broth
1 can old fashioned vegetable soup
2 soup cans water
1 small kidney beans, drained
1 cup rice, uncooked

Place onions in microwave dish and cook for about 3 minutes, until soft. Brown ground meat, season with salt and pepper and add onions. In a small stock pot, mix soups, water and kidney beans; add ground meat and onions and bring to a boil. Add rice. Cover and simmer for 20 minutes.

"Very good, hearty and easy!"

Marilyn Bankhead **San Marcos High School, San Marcos, CA**

Breads



30 MINUTE DINNER ROLLS

Serves 5 - 6

1 cup + 2 tablespoons very warm water
1/3 cup oil
1/4 cup sugar
2 tablespoons yeast
1 teaspoon salt
1 egg, beaten
3 - 4 cups flour

Mix warm water, oil, sugar and yeast; let rest for 10 minutes until yeast activates. Add salt and beaten egg; blend well. Add flour, one cup at a time until soft dough is formed. Knead on a floured surface 5 - 10 minutes or until dough is smooth and elastic. Shape into small balls (walnut sized) and put into a greased baking pan. Let rise at least 5 - 10 minutes. Bake at 425 degrees for 15 - 20 minutes.

"If you have more time, you can let the rolls rise in the pan until they have doubled in size."

Susan Keema **Cimarron-Memorial High School, Las Vegas, NV**

APPLE PUMPKIN BREAD

Makes 2 loaves

2/3 cup shortening
2 2/3 cups sugar
4 eggs
1 cup applesauce
1 cup pumpkin, mashed
3 1/2 cups flour, sifted
2 teaspoons baking soda
1/2 teaspoon baking powder
1 1/2 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon mace
1/2 teaspoon nutmeg
2/3 cup apple juice

Cream shortening and sugar; add eggs one at a time. Stir in applesauce and pumpkin. Sift together dry ingredients and add alternately with apple juice. Stir in nuts. Turn batter into 2 greased loaf pans. Bake at 350 degrees for 1 hour.

"A great way to use up our mountain grown apples. The apple juice and pumpkin make a very moist bread. Bakes up best in aluminum foil pans.

Becky Stroud **McLane High School, Fresno, CA**

BANANA MUFFINS

Makes 6

2/3 cup flour
1/4 cup sugar
1 teaspoon baking powder
1/4 teaspoon salt
1/8 teaspoon baking soda
1 egg, well beaten
1 medium banana, mashed
1/4 cup butter, melted

Sift dry ingredients together. Add remaining ingredients and mix quickly. Fill greased muffin tins about 2/3 full. Bake at 400 degrees for 20 minutes.

"These are delicious - may be served as a cupcake - no frosting necessary!"

Diana Lee **Elsinore Middle School, Lake Elsinore, CA**

BANANA NUT BREAD

Serves 18

1/2 cup margarine, softened
1 cup sugar
2 eggs
1 cup ripe bananas, mashed
2 cups flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1 teaspoon salt
1/2 cup walnuts, chopped

Cream together the margarine, sugar and eggs in a bowl using an electric mixer. Add the mashed bananas. Sift the flour, baking powder, soda and salt. Add to the banana mixture; fold in the chopped walnuts. Oil and flour 3 vegetable cans and fill 2/3 full with mixture. Allow to cool for 5 minutes, then loosen the sides with a table knife. Tap bottom and round loaves will drop out!

Jill Sweet-Gregory **Santa Paula High School, Santa Paula, CA**

BEER BREAD

Makes 1 loaf

3 cups self-rising flour
1 can beer
1/3 cup sugar

Mix together all three ingredients and pour into a greased loaf pan. Bake at 350 degrees for 1 hour. You may use 3 mini-loaf pans and reduce cooking time to 35 minutes.

Carol Kagy **Norwalk High School, Norwalk, CA**

BEST EVER PUMPKIN BREAD

Makes 2 large loaves

4 eggs
3 cups sugar
1 cup oil
2/3 cup water
3 1/2 cups flour
1/4 teaspoon baking powder
2 teaspoons soda
1/2 teaspoon salt
1 teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon cloves
1 teaspoon ginger
2 cups pumpkin
1 cup nuts, chopped (optional)

Beat eggs; add sugar, oil, water, flour, baking powder, baking soda, salt and spices. Beat well. Add pumpkin and nuts. Bake at 350 degrees for 50 - 60 minutes or until done.

"The most moist, delicious pumpkin bread you will ever taste."

Laurie Bleecker **Chino High School, Chino, CA**

BETSY'S CHEWY BREADSTICKS

Makes 24

1 tablespoon dry yeast
1 1/2 cups warm water
1 tablespoon malted milk powder
1 tablespoon honey
1 teaspoon salt
4 - 4 1/2 cups flour
melted butter
garlic salt, as desired
Parmesan cheese, grated, as desired
sesame seeds, as desired

Dissolve yeast in warm water. Stir in malted milk powder, honey and salt. Add flour gradually until dough forms a ball. Knead lightly on a floured board, kneading in a little more flour until dough is easy to handle. Divide into 16 - 24 pieces depending on desired size of breadstick. Roll balls between hands until they are 10 - 12 inches long. Brush with melted butter and sprinkle with desired seasonings. Allow to rise 15 to 20 minutes. Bake at 400 degrees for 15 minutes.

"My children inhale these. They are also a favorite in my foods classes."

Kristine Haas **La Habra High School, La Habra, CA**

CHEESE SPICE BREAD

Serves 4

1 loaf French bread
2 - 3 teaspoons grey poupon mustard
1 - 1 1/2 cups mayonnaise
1/4 - 1/2 cup salsa
1/4 cup onion, diced
2 cups jack or cheddar cheese, shredded

Slice loaf in half lengthwise. Cut each half in half to make four pieces. Mix grey poupon , mayonnaise and salsa. Spread bread with sauce. Sprinkle with diced onion; top with shredded cheese. Bake at 350 degrees until bread is heated and cheese is melted. Serve warm as an appetizer or with soups and stews.

"Mmm Mmm Good! This is a recipe from one of my students, Michael Martinez, a Culinary Arts advanced student, whose goal is to someday own his own restaurant!"

Judi Topp **A.B. Miller High School, Fontana, CA**

COFFEE CAN BREAD

Makes One 2 pound or two 1 pound cans

1/2 cup warm water
1 package active dry yeast
3 tablespoons sugar
1/8 teaspoon ginger
1 (13 ounce) can evaporated milk
2 tablespoons oil
1 teaspoon salt
4 - 4 1/2 cups flour

Place water, yeast, 2 tablespoons sugar and ginger in large mixing bowl in a warm place until bubbly, about 15 minutes. To yeast mixture, add remaining sugar, milk, oil and salt. Mix well. Add flour 1 cup at a time, mixing well after each addition. Place in well-greased 2 pound coffee can. Top with greased plastic lid and allow to rise until the lid pops off. Bake at 350 degrees for 1 hour.

NOTE: If making two 1 pound loaves, bake at 350 degrees for 25 minutes.

"A dense bread, great for sandwiches! This is my husband's favorite!"

Vanessa VanAssen **Fort Bragg High School, Fort Bragg, CA**

CRANBERRY BREAD

Serves 8

2 cups whole wheat flour
1 1/2 cups white flour
1/2 cup + 1 tablespoon rolled oats
1 teaspoon salt
1 teaspoon baking powder
1 teaspoon baking soda
3/4 cup dried cranberries
1 tablespoon caraway seeds (optional)
8 ounces nonfat yogurt, plain or flavored
3/4 cup + 1 tablespoon nonfat milk
2 tablespoons honey

Preheat oven to 375 degrees. Grease baking sheet. Combine flours, 1/2 cup rolled oats, salt, baking powder, soda, cranberries and caraway seeds in a large bowl; mix together. Combine yogurt, 3/4 cup nonfat milk and honey; add to dry ingredients, stirring until well blended. DO NOT OVER MIX. Shape into an 8" round loaf and place on baking sheet. Brush with remaining 1 tablespoon milk and sprinkle with remaining 1 tablespoon oats. Bake 35 to 40 minutes.

NOTE: You may eliminate cranberries and add 3/4 cup raisins to prepare a different flavor bread.

"This bread recipe came from Country Living magazine. It has become a family favorite."

Donna Swennes **El Capitan High School, Lakeside, CA**

DELICIOUS FRENCH BREAD

Serves 4 - 6

1 cup mayonnaise (use Best Foods)
1/2 cup Parmesan cheese
1 heaping tablespoon dehydrated onions
1 tablespoon worcestershire sauce
1 loaf French bread, sliced into 2 halves
paprika, to taste

Mix all ingredients and spread on half loaf of French bread. Sprinkle with paprika. Broil until bubbly and brown. Watch carefully - it burns easily!

Barbara Ford **Cope Middle School, Redlands, CA**

EASY GARLIC BREADSTICKS

Serves 4

1 can refrigerator biscuits
1/4 cup butter or margarine, melted
1 tablespoon parsley, chopped
1 teaspoon garlic powder
1 teaspoon Parmesan cheese (optional)

Separate biscuits and roll each into breadstick size lengths. Place on ungreased baking sheet. Combine melted butter, parsley, garlic powder and cheese, if desired. Brush tops of breadsticks with butter mixture. Bake at 350 degrees for 8 - 10 minutes. Serve hot.

"Quick and easy. Can also be served as an appetizer bread."

Janet Giron **Montclair High School, Montclair , CA**

FREE-FORM PRETZELS

Makes Approx. 10 6" pretzels

1/2 package active dry yeast
1/2 tablespoon sugar
3/4 cup warm water (115 degrees)
1/2 teaspoon salt
2 to 2 1/2 cups flour
2 cups sharp cheddar cheese, grated
1/2 of an egg
coarse salt (optional)

Dissolve yeast and sugar in warm water. Combine salt, 2 cups flour and cheese; stir in yeast mixture and add more flour if necessary to form a stiff dough. Knead 5 to 10 minutes, until smooth. Break off small pieces of dough (start with walnut-size to see if that is enough material for your own creativity) and shape as desired. The traditional shapes are made by rolling the dough between your hands and a floured table to form a long rope, then looping it, twisting the middle a couple of turns, and finally spreading the ends and pressing them against the looped part. The ropes can also be formed into initials, hearts, animals or whatever strikes your fancy.

Place pretzels on ungreased pans, leaving room between them for expansion. Brush each with beaten egg and sprinkle very lightly with coarse salt. Bake at 425 degrees for 15 - 18 minutes or until golden brown.

"The number of pretzels you can make depends on your creativity of shapes. These are fun and good."

Nancy Patten **Placerita Junior High School, Newhall, CA**

HOT HERB BREAD

Serves 8 - 10

1 14" loaf sourdough French bread
1/2 cup butter or margarine, softened
1 teaspoon parsley flakes
1/4 teaspoon oregano, crumbled
1/4 teaspoon dried dill weed
2 - 3 cloves garlic, minced
Parmesan cheese, grated

Cut bread diagonally into 1" slices, making sure not to cut all the way through. Blend butter, parsley, oregano, dill weed and garlic. Spread butter mixture in between slices. Shape foil around loaf, boat fashion, twisting the ends and leaving the top open. Sprinkle the top and between the slices liberally with Parmesan cheese. Bake at 400 degrees for 10 minutes.

"Family and guests will love this savory bread. Whenever I serve this, I'm asked for the recipe."

Janet Tingley **Atascadero High School, Atascadero, CA**

IRISH SODA BREAD

Serves 6 - 8

2 cups flour, sifted
1 1/2 teaspoons baking powder
3/4 teaspoon baking soda
1 teaspoon salt
3 tablespoon sugar
1/2 teaspoon caraway seeds
3 tablespoons shortening
1 cup buttermilk
3 tablespoons raisins, coarsely chopped
melted butter and sugar for topping

Resift flour with baking soda, powder, salt and sugar. Add caraway seeds. Cut in shortening until it's in fine pieces. Make a well in center; pour in buttermilk. Add raisins. Mix lightly to a moderately soft dough. Turn out onto a floured board; knead gently a few strokes. Shape in to round loaf and fit into a greased 8 - 9" round cake pan. With a sharp knife, cut loaf crosswise into quarters about 2/3 way through dough. Brush top surface with melted butter and sprinkle with additional sugar. Bake at 350 degrees for 30 minutes.

"Traditionally Irish - tastes very good, easy to make!"

Dawn Rangel **Agoura High School, Agoura, CA**

LEMON-GINGER MUFFINS

Makes 12

1 lemon
2 tablespoons ginger root, peeled, coarsely chopped
1 cup sugar + 2 tablespoon sugar, divided
1/2 cup butter
2 eggs
1 teaspoon baking soda
1 cup plain yogurt or buttermilk
2 cups flour
1/4 cup lemon juice

Peel lemon with a vegetable peeler. Put ginger, lemon peel and 1 cup sugar into a food processor, fitted with a steel blade. Process 1 - 2 minutes, scraping sides once, until lemon peel and ginger are finely chopped. Add butter and process about 30 seconds until creamy. Add eggs, one at a time, processing briefly after each addition. Scrape mixture into a large bowl; if it looks curdled, don't worry. Add baking soda that has been mixed with yogurt or buttermilk. Add flour alternately until blended. Scoop into greased muffin pan or use foil or paper baking cups. Bake at 375 degrees for 18 - 20 minutes. While muffins bake, mix lemon juice and remaining 2 tablespoons sugar in small dish. Stir until sugar dissolves. When muffins are baked, remove from oven and let cool 3 - 5 minutes in pan. Remove from pan and dip tops in lemon juice and sugar mixture.

Anna Atkins **Monache High School, Porterville, CA**

MEXICAN FIESTA BISCUIT BAKE

Serves 6 - 8

2 tablespoons margarine
2 packages Pillsbury Grand biscuits
1 3/4 cups salsa
3 cups jack cheese, shredded
1/2 cup green pepper, chopped
1/2 cup onion, chopped
1 (2 ounce) can ripe olives, sliced

Heat oven to 375 degrees. Melt margarine in 9" x 13" pan. Separate dough into biscuits and cut each biscuit into eight parts. Dip in salsa. Spoon into pan. Sprinkle with cheese, bell pepper, onion and black olives. Bake 40 minutes or until edges are golden brown and center is set. Let stand 10 minutes before serving.

Toni Purtill **Basic High School, Henderson, NV**

MONKEY BREAD

Serves 10 - 12

3/4 cup milk
1/4 cup sugar
1/4 cup shortening
1 teaspoon salt
1 tablespoon yeast (1 package)
3/4 cup warm water
4 1/2 cups bread flour
1 stick butter, approx.

Heat milk one minute in microwave oven; combine with sugar, salt, shortening and yeast in a large bowl. Add warm water. Add 2 ¼ cups flour; mix. Add remaining 2 ¼ cups flour, ½ cup at a time. Knead dough about 10 minutes. Place in greased bowl, cover, let rise about 1 hour. Punch dough down. Form individual balls of dough, about the size of golf balls. Roll each ball in melted butter and place in a bundt cake pan or bread pans. Let rise until doubled in size. Bake at 375 degrees for 35 minutes.

"Always a family favorite, these rolls are a treat for company too!"

Katherine Iverson **Vandenberg Middle School, Lompoc, CA**

OATMEAL BREAD

Makes 2 loaves

1 cup rolled oats
2 cups boiling water
1 package yeast
½ cup warm water
½ cup sesame seeds
⅛ cup light molasses
⅓ cup honey
1 ½ teaspoons salt
3 tablespoons butter or margarine, melted
4 ½ cups unbleached, unsifted flour

Cook oats in boiling water for about 30 minutes, until water is absorbed. Cool and place in large bowl. Dissolve yeast in ½ cup warm water and add to oats. Stir in the rest of the ingredients, except flour. Stir in flour one cup at a time. (Save ½ cup flour to use for kneading bread on board). Knead dough until not gooey, but smooth. Grease a large bowl and let dough rise 2 hours or until it doubles in size. Then separate dough in half and put into two greased loaf pans. Let rise again for 45 minutes. You may want to brush the tops with butter or margarine. Bake at 350 degrees for 40 minutes.

"A delicious, moist bread."

Leslie Rodden **San Gorgonio High School, San Bernardino, CA**

ORANGE BREAKFAST RING

Serves 8 - 10

1 cup granulated sugar
3 tablespoons grated orange peel
2 (8 ounce) packages buttermilk biscuits
½ cup butter or margarine, melted
1 (3 ounce) package cream cheese
½ cup powdered sugar
1 tablespoon orange juice

Preheat oven to 350 degrees. Grease 6 cup ring mold baking pan. Combine granulated sugar and orange peel in small bowl and set aside. Separate biscuits and dip in melted butter, then coat with sugar-orange peel mixture. Place biscuits in pan overlapping at 45 degree angle. Bake 30 minutes or until brown. Invert on plate immediately then invert

again on another plate. Mix cream cheese, powdered sugar and orange juice and drizzle over hot biscuit ring. Serve warm.

"This is wonderful! It's a great breakfast treat when you have company or when you want something different to serve to your family."

Judy Hammann **Mesa Junior High School, Mesa, AZ**

OVERNIGHT CINNAMON STICKY BUNS

Serves 24

1 cup pecan pieces
1/2 cup raisins (optional)
1 (25 ounce) package frozen white dinner rolls
2/3 cup brown sugar
1 (3 ounce) package vanilla pudding and pie filling mix (not instant)
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/3 cup butter, cut into small pieces

Sprinkle nuts and raisins in bottom of greased 9" x 13" baking pan. Arrange frozen rolls over nuts and raisins. Sprinkle with brown sugar. In small bowl, combine pudding mix, cinnamon and nutmeg; sprinkle over rolls. Top with butter pieces. Cover with plastic wrap and store in refrigerator overnight. Uncover and let rise in warm air until doubled, about 1 1/2 to 2 hours. Bake in 350 degree oven for 25 minutes. Allow 2 - 3 minutes to cool. Turn pan out onto waxed paper.

"A life saver when we have company and want to spend the time visiting - not in the kitchen."

LaVon Campos **Westwood High School, Mesa, AZ**

OVERNIGHT EGGNOG FRENCH TOAST

Serves 12

9 eggs
3 cups half & half or milk
1/3 cup sugar
1/2 teaspoon nutmeg
2 teaspoons vanilla
1 1/2 teaspoon rum extract
24 (3/4 inch) slices French bread, (1 1/2 pound loaf)
powdered sugar

Grease two 15" x 10" x 1" baking pans. In a large bowl, combine eggs, half & half, sugar, nutmeg, vanilla and rum extract; beat until well blended. Arrange bread slices in greased pans. Pour egg mixture over bread, lifting and moving bread until eggs are completely absorbed. Cover with foil; refrigerate overnight or freeze up to one week. Remove frozen bread slices from freezer or refrigerated slices from refrigerator. Do not thaw. Bake at 500 degrees for 15 minutes or until golden brown. Sprinkle with powdered sugar and serve.

"A great beginning for a holiday brunch or serve it late after a New Year's happening!"

Shirley Blough **Hillside Junior High School, Simi Valley, CA**

POPPY SEED BREADSTICKS

Serves 6 - 8

1 package active dry yeast
3/4 cup warm water
2 1/2 cups Bisquick
1/4 cup butter, melted
poppy seeds or sesame seeds
garlic salt

Dissolve yeast in warm water; mix in Bisquick; beat vigorously. Turn dough onto bread board that has been well dusted with Bisquick. Knead until smooth, about 20 times. Divide dough into 16 equal parts. Roll each piece between hands until pencil-like strips 8" long. Brush part of butter in 13" x 9" x 2" pan. Place strips of dough in pan; brush tops with remaining butter; sprinkle with seeds and a small amount of garlic salt. You can cover with plastic wrap and put in refrigerator for several hours or overnight or you can bake immediately. Bake in preheated oven at 425 degrees for 15 minutes, then turn oven off. Allow breadsticks to remain in oven for 15 minutes longer to crisp. Serve warm.

"I serve these breadsticks frequently because everyone loves them. Also, they are simple for students to make. Guests always ask for the recipe."

Phyllis Kaylor **Ray Kroc Middle School, San Diego, CA**

STREUSEL RASPBERRY MUFFINS

Makes 12

1 3/4 cups all-purpose flour, divided
1/4 cup pecans, chopped
1/4 cup brown sugar
1/2 cup sugar
2 teaspoons baking powder
1/2 cup milk
1/2 cup margarine, melted
1 egg, beaten
1 cup fresh or frozen raspberries, whole, unsweetened

Grease or paper-line 12 (2 1/2") muffin cups. Combine topping for muffins by combining 1/4 cup flour, pecans and brown sugar; set aside. In a large bowl, combine remaining flour, sugar and baking powder. In a small bowl, combine milk, margarine and egg until blended; stir into flour mixture just until moistened. Spoon 1/2 of the batter into prepared muffin cups. Divide raspberries among cups, then top with remaining batter. Sprinkle topping over tops. Bake at 375 degrees for 25 - 30 minutes or until golden and wooden pick inserted in center comes out clean. Remove from pans.

"The juice tartness of raspberries is balanced by the topping of caramelized, crunchy pecan streusel. Tiny bits of raspberry showing adds a festive look and they taste great."

Maggy Flath **Nevada Union High School, Grass Valley, CA**

SUE'S BAGELS

Makes 12

1 package dry yeast
2 cups warm water
3 tablespoons sugar
4 teaspoons salt
6 1/2 cups flour
1 teaspoon salt
8 cups boiling water

Dissolve yeast in warm water. Add sugar, salt and flour; mix. Knead and let rise until doubled in bulk. Punch down. Divide into 12 pieces. Shape into doughnut/bagel shape. Boil in big pot of salted water until they float to the top (if they stick to pan, loosen with fork so they can float). Place on greased baking sheet. Bake at 350 degrees for 30 minutes. Serve plain or with filling.

"Sue Davis, on our faculty, brings these in a basket, warm from the oven, to share as we arrive in the faculty room. We use her recipes in Home Ec. classes too!"

Yvonne M. Jones **Ceres High School, Ceres, CA**

SWEET OATMEAL RAISIN BREAD

Makes 1 loaf

1 cup flour
1 cup rye flour
1 teaspoon baking powder
1 teaspoon salt
1 teaspoon baking soda
2 tablespoons sugar
1 cup rolled oats
1 1/4 cups nonfat plain yogurt
1/4 cup molasses
1 cup raisins

Sift dry ingredients together. Stir in rolled oats. Beat yogurt and molasses until smooth; stir into dry ingredients. Add raisins and stir again. Pour batter into a greased loaf pan and let sit for 20 minutes. Bake at 350 degrees for 1 hour.

"Best served with cream cheese. Makes a terrific breakfast on the run. I take it out of the freezer and eat it in the car."

Laury White **Fallbrook High School, Fallbrook, CA**

WAFFLES A LA ORANGE

Serves 6

2 cups flour, sifted
1 tablespoon sugar
1 tablespoon baking powder
1/2 teaspoon salt
3 eggs, well beaten
2 cups milk
1/2 cup butter, melted
4 ounces vanilla yogurt
4 ounces creamy cool whip
2 tablespoons maple syrup
1 cup orange juice, fresh squeezed
2 tablespoons cornstarch
4 tablespoons sugar
2 tablespoons maple syrup
6 -8 orange slices, remove rind

Mix flour, sugar, baking powder and salt in a batter bowl. Combine eggs, milk and melted butter. Add liquid mixture to flour mixture; beat just until batter is blended. Heat waffle iron. Pour enough batter into waffle iron to allow spreading to within one inch of the edges. Lower cover and bake waffles. DO NOT RAISE COVER WHILE BAKING. Lift cover and loosen waffle with a fork.

Mix all ingredients for white sauce together in a small bowl and set aside.

Mix orange juice, cornstarch and sugar in a small saucepan; cook slowly to thicken. Be sure to continue stirring with wooden spoon to prevent lumping. Add maple syrup and orange slices when mixture has thickened. Stir to heat through.

Spoon white sauce down center of waffle. Spoon orange juice, with slices, on top of white sauce. Sprinkle with toasted almond slivers, if desired. Garnish with orange slices and mint sprigs.

"This recipe is served at the "Bissel Home", a bed and breakfast in Pasadena. Many thanks to the owners, Mr. and Mrs. Butcher, for sharing a wonderful brunch delight."

Gerry Henderson **Temple City High School, Temple City, CA**

WHOLE WHEAT RAISIN OATMEAL BREAD FOR BREAD MACHINES

Makes 1 ½ pound loaf

1 cup water
1 ½ tablespoons vegetable oil
1 ½ tablespoons honey
½ teaspoon salt
¾ cup oats
¾ cup whole wheat flour
1 ½ cups bread flour
1 ½ teaspoons yeast
½ cup raisins
½ cup nuts, chopped

FOR BREAD MACHINES: 'National/Panasonic' on "Raisin Bread Cycle" - combine water, oil, honey, salt, oats, flours and yeast in machine, first kneading, then at "beep" add raisins and nuts. If using 'Maxim' or 'Mister Loaf' machines, do above at beginning of cycle. As with all bread machines, ingredients must be added in order listed for best results. Preparation/cooking time is 2 ½ hours.

"We have enjoyed this recipe many times and makes a great hostess gift."

Theresa Campbell **J.F. Kennedy High School, La Palma, CA**

YUM YUM GEMS

Makes 24

1 cup milk
1 teaspoon vinegar
1/2 cup shortening
1 cup brown sugar
1 egg
2 cups flour
1 teaspoon baking soda
1 teaspoon nutmeg
1 teaspoon cinnamon
1 teaspoon cloves
1 cup raisins
1/2 cup walnuts, chopped

Preheat oven to 350 degrees. Grease muffin cups or use paper liners. In a small bowl, place 1 cup milk; add vinegar and let sit until sour. Cream together the sour milk, shortening, brown sugar and egg with electric mixer. Sift flour, measure then add baking soda and spices. Gradually add dry ingredients to creamed mixture. Stir in raisins and nuts. Place in prepared pans and bake, 20 - 25 minutes.

"This muffin is a family favorite - served any time of the year."

Sonja Tyree **Ayala High School, Chino Hills, CA**

ZUCCHINI BREAD

Makes 2 loaves

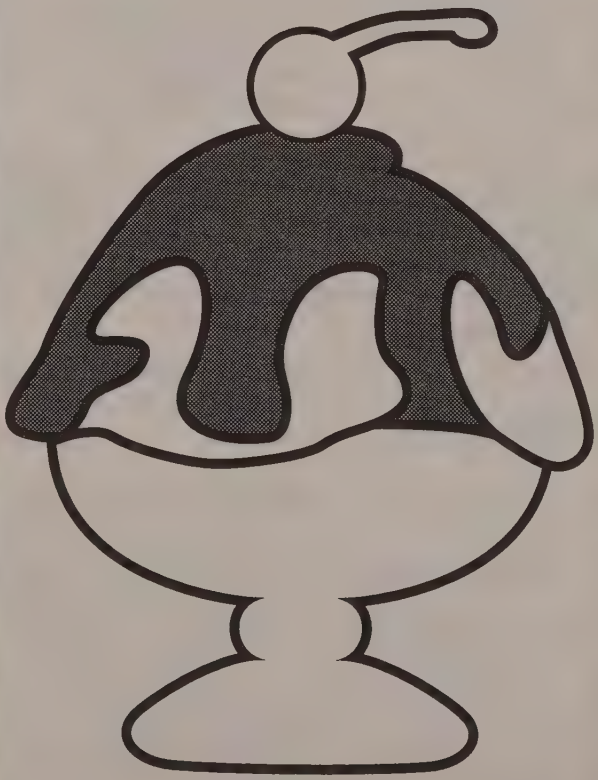
3 eggs
2 cups sugar
1 cup oil
1 tablespoon vanilla
3 cups flour
1 teaspoon salt
1 teaspoon baking soda
1/4 teaspoon baking powder
1 tablespoon cinnamon
3 cups zucchini, grated

In a large bowl, beat together eggs, sugar, oil and vanilla. In a smaller bowl, combine remaining ingredients except zucchini. Add flour mixture to egg mixture and blend until smooth. Add grated zucchini and mix by hand until zucchini is evenly distributed. Pour into 2 greased and floured loaf pans and bake at 350 degrees for 1 hour.

"My students enjoy making and eating this recipe even though they say they don't like green vegetables."

Beth Gonzales **Bolsa Grande High School, Garden Grove, CA**

Desserts



BANANA CHIPS

Makes 4

4 bananas, green-tipped, peeled
flour to coat slices
oil for deep frying
salt, to taste
cinnamon-sugar, to taste

Thinly slice bananas. Coat slices lightly with flour. Fry in deep fat heated to 375 degrees for about 3 minutes, or until golden brown. Drain on paper towels, sprinkle with salt or cinnamon-sugar and serve hot.

"Yummy and different!"

Marilyn Tam **Orange Glen High School, Escondido, CA**

BANANA PARFAIT

Serves 6

1 1/4 cups quick oats, uncooked
1/3 cup brown sugar, packed
1/3 cup butter, melted
2 cups cold milk
1 (3 3/4 ounce) package vanilla instant pudding mix
1 cup Cool Whip
1 medium banana, sliced

Combine oats, brown sugar and butter, mixing until crumbly. Place in shallow baking pan and bake at 350 degrees for 10 minutes; cool for 15 minutes. Break oat mixture into pieces. Pour milk into bowl; add pudding mix. Beat slowly with rotary beater until well blended, about 2 minutes. Fold in Cool Whip. Add banana slices. Chill pudding mixture. To assemble, layer crunch and pudding in parfait glasses just before serving.

"My two daughters, Sarah and Katie, love this for dessert!"

Carole DeLap **Golden West High School, Visalia, CA**

BANANA SPLIT CAKE

Serves 10

2 packages graham crackers, finely crushed (for crust)
2 sticks butter or margarine, melted (for crust)
1 (16 ounce) can crushed pineapple, drained
2 cups powdered sugar
1/2 stick butter
1 (8 ounce) package cream cheese
3 - 4 bananas
1 small package strawberry jello
1 cup hot water or juice drained from pineapple and strawberries, heated
1 package frozen strawberries, thawed
1 package Dream Whip, prepared according to package directions
1 large container Cool Whip
walnuts, for garnish
chocolate sprinkles, for garnish

Combine graham crackers and melted butter or margarine and press into 9" x 13" pan. Spread pineapple over crust. In bowl, combine powdered sugar, ½ stick butter, cream cheese and spread over pineapple. Slice bananas lengthwise and place over cream cheese layer. Dissolve jello in hot water or heated pineapple and strawberry juices; add strawberries. When partially set, fold in prepared Dream Whip and spread over bananas. (This portion can be done ahead and refrigerated until the next day.) Spread Cool Whip over jello mixture; sprinkle with walnuts and chocolate sprinkles, serve.

"Everyone loves this dessert and will ask for the recipe. It tastes like a banana split."

Deanna Taylor **Mesa Verde High School, Citrus Heights, CA**

BEST OF THE BEST

Serves 12

1 German chocolate cake mix
1 can sweetened condensed milk
1 jar Butterscotch Caramel Fudge Ice Cream Topping (Mrs. Richardson's brand)
1 small container cool whip
3 Heath candy bars

Prepare cake according to package directions, baking in a 9" x 13" pan; cool. Poke several holes in the top of the cake with the handle of a wooden mixing spoon. Pour sweetened condensed milk in the holes. Pour ice cream topping on top of the milk in the holes. Spread cool whip on top of the entire cake. Crush Heath bars into small pieces and sprinkle on top of the cool whip. Store, covered, in the refrigerator overnight before serving.

"Many thanks to my dear friend, Joyce Hedlund, for sharing this quick and delicious recipe. Everyone is sure to ask for the recipe."

Gerry Henderson **Temple City High School, Temple City, CA**

BROWNIES FROM GRANDMA

Makes 24 - 36

2 ½ cups sugar, divided
1 stick + 6 tablespoons butter, divided
4 eggs
1 can Hershey's chocolate syrup
1 cup flour
½ cup nuts, chopped
6 tablespoons milk
1 cup chocolate chips

Preheat oven to 350 degrees. Cream together 1 cup sugar and 1 stick margarine; add eggs and beat well. Add chocolate syrup, flour and nuts and mix well. Put in jelly roll pan that has been sprayed with non-stick cooking spray. Bake for 25 minutes. Prepare frosting by combining remaining 6 tablespoons margarine with milk and remaining 1 ½ cups

sugar. Boil all three ingredients in a saucepan for one minute. Remove from heat. Add chocolate chips and beat until frosting begins to thicken. Don't beat too long! Cool and frost when cake is cooled.

Delaine Smith **Central Valley High School, Central Valley, CA**

BUTTERMILK PIE

Serves 16

3 cups sugar
6 tablespoons flour
1 ½ cups buttermilk
5 eggs, beaten
1 cup butter OR 1 ½ sticks margarine, melted
2 teaspoons vanilla
2 unbaked pie shells

Preheat oven to 425 degrees. Mix sugar, flour and ½ the milk. Add eggs. Add remainder of milk; fold in melted butter. Add vanilla. Pour in unbaked pie shells and bake at 425 degrees for 10 minutes. Lower heat to 350 degrees and bake until knife comes out clean, about 30 minutes.

"Thelma Truss, a very special friend, gave this southern recipe to me. It's an old southern recipe and delicious! She is an excellent cook and a retired Home Economics' teacher."

Darlene V. Brown **Golden Valley Middle School, San Bernardino, CA**

CHERRY CHEESECAKE MINIATURES

Makes 24

2 (8 ounce) packages cream cheese, softened
2 large eggs
1 (14 ounce) can sweetened condensed milk
1 teaspoon vanilla
1 teaspoon lemon juice (optional)
¼ teaspoon salt
24 vanilla wafers
1 (21 ounce) can cherry pie filling

In a mixer bowl or food processor, beat cream cheese until fluffy. Beat in eggs, milk, vanilla, lemon juice and salt. Insert 24 cupcake liners into muffin pans, then place a vanilla wafer, flat side down, on bottom of each liner. Fill cups ⅔ full with batter. Bake at 350 degrees for 15 to 20 minutes or u;til filling is puffed and set. Filling settles back to original volume when cooled. Top with cherry pie filling. Chill before serving. Keep leftovers refrigerated.

"This recipe comes from the Gas Company of Southern California."

Angela Cruz-Trujillo **Valley View High School, Moreno Valley, CA**

CHOCOLATE CARAMEL BARS

Serves 24

2 eggs
3/4 cup granulated sugar
3/4 cup brown sugar, firmly packed
1/2 cup Miracle Whip
1 teaspoon vanilla
2 cups flour
1 teaspoon baking soda
1 pound caramels
1/4 cup milk
1 cup semi-sweet chocolate chips
1 cup walnuts, chopped

Heat oven to 350 degrees. Beat eggs, sugars, Miracle Whip and vanilla at medium speed with electric mixer; add flour and baking soda. Set aside 1 cup batter. Spread remaining batter into lightly greased 13" x 9 " pan. Bake 12 - 15 minutes or until lightly browned. Cool 10 minutes. Melt caramels with milk in heavy saucepan over low heat, stirring frequently until smooth. Top crust with caramel mixture; sprinkle with chocolate chips and nuts. Spoon reserved 1 cup of batter by teaspoonfuls over nuts. Continue baking 12 - 15 minutes or until lightly browned. Cool; cut into squares.

"I found this recipe in a "Family Circle" and we tried it in my foods class. It was a major hit with the students as well as their friends that they shared it with."

Karen Frey **Hesperia High School, Hesperia, CA**

CHOCOLATE CHEESE CAKE

Serves 6 - 8

2 cups chocolate wafer cookies, crushed
4 tablespoons butter or margarine, melted
6 ounces semi-sweet chocolate
1/2 cup strong black coffee
3 (8 ounce) packages cream cheese
3/4 cup sugar
3 eggs
1/2 cup sour cream
1 teaspoon vanilla
1/8 teaspoon salt
whipped cream, for garnish
chocolate, shredded, for garnish

Combine crushed cookie crumbs with melted butter and press into bottom of 9" or 10" springform pan; set aside. Combine semi-sweet chocolate with coffee and stir until melted; set aside to cool. In medium bowl, beat cream cheese on high speed until light and fluffy. Gradually beat in sugar. Add eggs, one at a time. Beat in cooled chocolate/coffee mixture, sour cream, vanilla and salt. Beat until smooth. Pour into crust. Bake at 350 degrees for 1 hour or until firm. Chill thoroughly. Top with whipped cream and shredded chocolate.

"Absolutely delicious. Never any leftover for tomorrow!"

Susan Eckert **Basic High School, Henderson, NV**

CHOCOLATE DIPPED COCONUT BALLS

Makes 90 - 100 pieces

1 (14 ounce) bag angel flake coconut
2 (1 pound) boxes powdered sugar
1/2 cup margarine, melted
1 can Eagle Brand milk
1 tablespoon vanilla
2 cups pecans, chopped (optional)
1/4 pound paraffin
1 (12 ounce) package chocolate chips

Mix together coconut and powdered sugar, stir in margarine, Eagle Brand milk and vanilla. Mixture will be very stiff. Add nuts, if desired. Chill mixture, then roll into 1" balls. Chill again. In a double-boiler pan over low to medium heat, melt paraffin with chocolate chips. (Be careful not to heat too high as chocolate will become grainy.) Dip each chilled ball into melted chocolate using a toothpick; place on rack to dry.

"This candy tastes like Mounds or Almond Joy candies. Friends tell me they come to our Christmas Open House just to taste these candies - and the way they eat them - I believe it!"

Betty Bundy **Hidden Valley Middle School, Escondido, CA**

CHOCOLATE MOUSSE PIE

Serves 12

3 cups chocolate wafers, crushed
1/2 cup unsalted butter, melted
1 pound semi-sweet chocolate
2 whole eggs
4 eggs, separated
2 cups whipping cream
6 tablespoons powdered sugar

Combine wafers and melted butter and press into bottom of springform pan. In saucepan over low heat, melt chocolate; cool. Add 2 whole eggs and stir. Mix in egg yolks; set aside. Whip cream and powdered sugar until soft peaks form. In another bowl, beat egg whites until stiff. Fold whip cream mixture and egg whites into chocolate mixture. Pour into prepared crust. Chill. Garnish with chocolate leaves.

"The Drama teacher, Dennis Shive, makes this every year for the staff Holiday Luncheon. Very easy to make and rich in taste."

Brenda Umbro **Orange Glen High School, Escondido, CA**

CHOCOLATE PEANUT BUTTER BALLS

Makes 4 dozen

1/2 cup walnuts, finely chopped
1/2 cup crunchy peanut butter
1 cup powdered sugar
1/4 cup butter, softened
6 ounces chocolate chips
1 tablespoon household paraffin, grated

Toast walnuts in 350 degree oven until golden brown. With mixer, beat together walnuts, peanut butter, sugar and butter until creamy. Roll into 3/4 inch balls and chill. Melt

chocolate and paraffin over very low heat. Using two forks, roll balls in chocolate mixture and place on waxed paper. Store in refrigerator.

"If you love peanut butter and chocolate, you'll love these."

Pat Hufnagel **Esperanza High School, Placentia, CA**

COCOA PARTY MIX

Makes 10 cups

3 cups toasted oat cereal rings
3 cups bite-size crisp wheat squares cereal
2 cups salted peanuts
2 cups miniature pretzels or thin pretzel sticks
1 cup raisins
1/2 cup butter or margarine, melted
2 - 4 tablespoons Hershey's Cocoa
1/4 cup sugar

Heat oven to 250 degrees. In large bowl, combine cereals, peanuts, pretzels and raisins. In second bowl, stir together melted butter, cocoa and sugar; stir into cereal mixture. Toss until ingredients are well coated. Pour mixture into 13" x 9" x 2" baking pan. Bake 1 hour, stirring every 15 minutes. Cool completely. Store in airtight container.

MICROWAVE INSTRUCTIONS: In 4 quart microwave-safe bowl, place butter. Microwave at HIGH 1 minute or until melted; stir in sugar and cocoa. Add cereals, peanuts and pretzels, stirring until coated. Microwave at HIGH 3 minutes, stirring every minute. Stir in raisins. Microwave at HIGH 3 additional minutes, stirring every minute. Cool completely. Store in airtight container.

Hershey Foods Corp. **Hershey, PA**

CONGO BARS

Serves 8

1/3 cup shortening, butter flavored
1 cup + 2 tablespoons light brown sugar
2 eggs
1 cup + 6 tablespoons flour
1 1/4 teaspoon baking powder
1/4 teaspoon salt
1/2 cup chocolate chips
1/2 cup walnuts, chopped

Blend together butter, brown sugar and eggs Mix together flour, baking powder and salt and add to first mixture; then add chocolate chips and walnuts. Spread or pat dough in well-greased 7 1/2" x 12" pan. Bake at 325 degrees for 30 minutes (it will still look soft). Cut, while warm and serve as a base for ice cream or eat like cookies.

"This recipe is adapted and cut down from a 25 serving recipe from Cafe Beaujolais in Mendocino, California, a very delightful place to visit!"

Ellie Wildermuth (retired) **La Canada High School, La Canada, CA**

DIPPED PEANUT-BUTTER SANDWICH COOKIES

Makes 1 ½ dozen

½ cup creamy peanut butter
1 (4 ounce) sleeve round butter crackers (such as Ritz)
6 ounces white or semi-sweet or milk chocolate chips
1 tablespoon shortening

Spread peanut butter on half of the crackers; top with the remaining crackers to make sandwiches. Refrigerate. In double boiler, over simmering water, melt chocolate chips with shortening stirring until smooth. Dip sandwiches in the chocolate mixture - place on waxed paper until chocolate hardens.

"Thanks mom!"

Penny Childers **Ramona High School, Ramona, CA**

DOUBLE PEANUT BUTTER COOKIES

Makes 2 dozen

1 ½ cups flour
½ cup sugar
½ teaspoon soda
¼ teaspoon salt
½ cup shortening
½ cup peanut butter
¼ cup syrup
1 tablespoon milk
peanut butter, for filling

Combine flour, sugar, soda, salt, shortening and ½ cup peanut butter to form a coarse meal; add syrup and milk. Mix together and form long roll (2" diameter) in a long piece of waxed paper. Chill until firm. Cut into ¼" slices. Top each slice with a dab of peanut butter, then top with another slice of dough, forming a sandwich. Crimp edges together with a fork to make a "tart". Bake at 350 degrees for 12 minutes.

"If you love peanut butter cookies, these are the absolute best! I submitted this recipe to the L.A. Times "Best Recipes" section and on Thursday, I found my cookies on the front of the Foods Section! Add a few chocolate chips to the peanut butter filling for variation."

Adriana Molinaro **Granite Hills High School, El Cajon, CA**

E-Z DOES IT DESSERT '95

Serves 6 - 8

1 pie (or portion thereof) any flavor
1 gallon ice cream

Let ice cream melt until soft and mixable. Crush pie into many pieces, crust and all. Mix into ice cream and freeze. Thaw approximately 15 minutes before serving.

Festive Pumpkins, Snakes, and Scary Spiders, Pages 126 and 128

Pumpkin Roll with Fig Cream, Page 137

"I heard this recipe on the radio. Their favorite was pecan praline ice cream and pecan pie. I anxiously tried it with sugar-free vanilla ice cream and sugar-free berry or apple pie for my diabetic husband. He loved it! And it was good enough to serve to company! This is a great way to use up one or two extra pieces of pie."

Gloria King **Schurr High School, Montebello, CA**

EGG NOG BAVARIAN TORTE

Serves 8 - 10

16 lady fingers
2 envelopes unflavored gelatin
1/2 cup cold water
1 quart egg nog
whip cream, sweetened
maraschino cherries

Separate lady fingers into halves, lengthwise. Line the bottom and sides of a 9" spring form pan with lady finger halves. Sprinkle gelatin over cold water. Let stand 5 - 10 minutes. Heat water and gelatin until gelatin is dissolved. Add a small amount of eggnog, about 1/2 cup, to dissolved gelatin, stirring constantly, until gelatin is slightly cooled. Pour the mixture into the remaining eggnog; mix well. Chill until mixture is the consistency of unbeaten egg whites. Beat with a mixer until light and foamy. Pour into lady finger-lined pan. Chill until set, 2 - 3 hours or overnight. Garnish with spoonfuls of whipped cream and top with cherries.

"There's always room for this light holiday dessert, found in my grandmother's old favorites cookbook."

Marion S. Anderson **A.G. Currie Middle School, Tustin, CA**

FAT BOMBS

Serves 10 - 25

12 ounces semi-sweet or milk chocolate chips
1 cup chunky peanut butter
1/4 - 3/4 cup white confectioner's sugar

Mix chocolate chips, peanut butter and sugar (use to taste 1/4 to 3/4 cup) in 9" x 9" glass baking dish that has been sprayed with non-stick cooking spray. Heat in microwave until chocolate chips melt. Mix again, slightly. Cool for 1 hour in refrigerator. Cut into 1" squares. Place on serving tray.

"Wonderful, rich...dessert! Good after meal or as a bedtime snack... Yum!!"

Will Scarrow **Marshall Middle School, Long Beach, CA**

FESTIVE PUMPKINS AND STRIPED GREEN SNAKES

Serves 16 pumpkins or 20 snakes

2 1/2 cups all-purpose flour
1 1/2 teaspoons baking powder
3/4 teaspoon salt
1 teaspoon cinnamon
1 cup sugar
1/2 cup oil
2 eggs, beaten
1 teaspoon vanilla
3 ounces light or neufchatel cream cheese
1 teaspoon vanilla
1 cup powdered sugar
red and yellow food coloring
black licorice, cut into triangles for eyes, and thin strips for mouth
green sprinkles
red baking candies or "red hots" for eyes

Preheat oven to 350 degrees. Lightly grease baking sheet. In small bowl mix flour, baking powder, salt and cinnamon. In medium bowl combine sugar, oil, egg and vanilla. Slowly add flour mixture and mix well forming a stiff dough. If you want to make pumpkins and snakes, divide dough into two balls. To make pumpkin cookies, shape a 2" circle and flatten. Add a stem to the top. Cover stem with green sprinkles. Bake for 8 - 10 minutes. Remove from baking sheet and let cool. To make frosting, mix cream cheese and vanilla. Add powdered sugar and mix thoroughly until smooth. Add equal amounts of yellow and red food coloring to make orange. Spread over cooled pumpkins. Make the face with licorice. To make snakes, add roughly 8 - 10 drops green food coloring to dough. Mix in. The coloring will not mix in evenly yielding striped snakes. Roll out the dough to be about 6 - 7 " long and 1/4" wide. Shape the dough with two S curves. Put two red candies in for eyes. Bake for 8 - 10 minutes. These snakes will cook quickly so be careful not to overbake. Carefully remove from baking sheet and let cool.

The Sugar Association **Washington, DC**

FOUR DECKER CHOCOLATE PUDDING DESSERT

Serves 10 - 12

1/2 cup margarine
1 cup flour
1 cup nuts, finely chopped
1 (8 ounce) package cream cheese, softened
1 cup powdered sugar
1 (9 ounce) container Cool Whip
2 (4 serving) packages instant chocolate pudding
3 cups milk
chocolate, grated

Cut butter into flour until crumbly, stir in 3/4 cup chopped nuts. Press mixture over 13" x 9" x 2" baking dish. Bake at 350 degrees for 20 minutes; cool. Meanwhile, beat softened cream cheese until fluffy, beat in powdered sugar and 1/2 of the Cool Whip. Spread over crust. Then, combine puddings and milk, beat 2 minutes. Spoon on top of cream

cheese mixture. Chill until firm, several hours or overnight. Top with remaining Cool Whip. Sprinkle with grated chocolate and remaining nuts.

"If you like chocolate pies, you'll love this easy dessert."

Gerri Hickman **Grant Saywer Middle School, Las Vegas, NV**

FRUIT ICE

Serves 16

1 ½ cups sugar
2 cups water
1 small (20 ounce) can orange juice, prepared according to package directions
6 ripe bananas, mashed
1 large can pineapple, crushed
2 large (20 ounce) packages frozen strawberries, crushed

Combine sugar and water; bring to boil; cool. Add remaining ingredients and place in freezer. Stir every 2 hours for 12 hours.

"This is a healthy alternative to many frozen snack foods. I mix up a batch and my kids snack on it in the summer. It also makes a refreshing dessert for parties and barbecues."

Cindy Bowman **McFarland High School, McFarland, CA**

FRUIT SORBET IN CHOCOLATE CUPS

Serves 4 - 6

1 (10 ounce) package strawberries or raspberries, frozen
¼ cup sugar, or to taste
½ cup plain nonfat yogurt

Put frozen berries and sugar in the work bowl of a food processor. "Pulse" until chopped, then turn "On" until just powdered. Add ¼ to ½ cup yogurt. "Pulse" ONLY UNTIL MIXED (if you run the machine too long, your sorbet will turn to slush). Taste, adding more sugar, if needed, and more yogurt if sorbet is not smooth enough. "Pulse" only until blended thoroughly. Spoon sorbet into pastry bag, then squeeze into chocolate cups. Freeze immediately. Allow sorbet in chocolate cups to remain in freezer for at least 3 hours before serving.

"The fruit sorbet is simple to make and yet looks very impressive. The only way you can "fail" is to let the fruit melt or process too long. Then you will have a smoothie instead of sorbet."

Lynn Alley **Diegueno Jr. High School, Encinitas, CA**

HEAVENLY LEMON PIE

Serves 8

4 egg yolks
1/2 cup sugar
juice and peel from 1 large lemon
2 cups whipping cream
meringue crust, prepared
1 tablespoon powdered sugar

Beat egg yolks with sugar, grated lemon peel and juice until light. Cook and stir in a double boiler over boiling water until thickened. Remove from heat and cool thoroughly. Whip 1 cup cream and fold into lemon mixture. Turn into meringue crust and refrigerate at least 2 hours to set. Whip remaining cream until stiff, gradually adding powdered sugar. Just before serving, top pie with sweetened whipped cream.

"Guaranteed to impress your family and guests.

Phyllis J. Miller **Buena High School, Ventura, CA**

HUGE SCARY SPIDERS

Makes 20

2 ounces unsweetened chocolate
1 1/4 cups all-purpose flour
1 1/2 teaspoons baking powder
1/4 teaspoon salt
1/4 cup margarine
1 cup sugar
1 egg, beaten
1 teaspoon vanilla
red baking candies or "red hots"

Preheat oven to 375 degrees. Lightly grease baking sheet. In a saucepan melt chocolate over low heat. In a small bowl mix flour, baking powder and salt. In a medium bowl beat margarine on low speed until smooth. Add sugar and beat until creamy. Stir in egg, vanilla and chocolate. Add flour mixture and mix well forming a stiff dough. To make a spider, shape a 2" flat oval for the body. Make the spider's head by flattening a circle about 1/2" wide. Shape dough for 8 legs each about 2" long and less than 1/4" wide. Attach the head and legs to body. Put two red candies into head for eyes. Bake for 5 - 8 minutes. Let spiders cool on baking sheet to avoid breaking when removing.

The Sugar Association **Washington, DC**

KANSAS FLAT CAKE

Serves 8 - 12

2 cups sugar
2 cups flour
pinch of salt
1 cup butter
1 cup cold milk
4 tablespoons cocoa
½ cup buttermilk
2 eggs
1 teaspoon soda
1 teaspoon vanilla
ICING:
½ cup butter
3 tablespoons buttermilk
4 tablespoons cocoa
1 box powdered sugar
1 cup walnuts, chopped

Mix sugar, flour and salt together; set aside. In a saucepan, combine butter, cold milk and cocoa; bring just to a boil, then pour over flour and sugar in mixing bowl. Add buttermilk, eggs, soda and vanilla; mix well. Pour into a 18" x 12" or 15 ½" x 10 ½" greased pan. Bake at 375 degrees for 30 - 35 minutes. While caked is baking, prepare icing: In a saucepan, mix together butter, buttermilk and cocoa; bring to a boil. Pour mixture over powdered sugar and blend well. Add walnuts and pour over cake while both are still warm.

"Great for a large group! Always a hit - plus it's easy!"

Jeri Lundy **Grossmont High School, La Mesa, CA**

LEMON MOUSSE

Serves 8 - 10

1 (14 ounce) can sweetened condensed milk
12 ounces frozen lemonade concentrate
16 ounces whipping cream, prepared
fresh fruit, for garnish

Combine condensed milk and lemonade concentrate. Fold in whipped cream. Place in individual serving dishes or bowl, as preferred, and freeze 24 hours. Serve frozen with fresh fruit garnish.

NOTE: If frozen in a bowl, may be scooped with an ice cream scoop.

"Great for entertaining because it can be prepared a day or more ahead saving last minute preparations."

Judy Stinton **Mt. Miguel High School, Spring Valley, CA**

LEMON PUDDING CAKE

Serves 4

3 tablespoons butter
1/2 cup granulated sugar
2 large eggs, separated
1/4 cup lemon juice
1/3 cup flour
1 cup milk
2 teaspoons grated lemon rind
1 teaspoon vanilla
2 tablespoons powdered sugar

Preheat oven to 350 degrees. Beat butter in a large mixer bowl at high speed until creamy, about 2 minutes. Add 1/3 cup of the sugar, a little at a time, beating after each addition. Beat until fluffy, about 2 minutes. Add egg yolks, one at a time, beating after each addition. Beat in lemon juice, then flour, at medium speed for 2 minutes. Add milk, lemon rind, and vanilla; beat until combined. In a separate bowl, beat egg whites until frothy; add remaining granulated sugar. Beat until stiff peaks form. Fold into cake batter. Spoon mixture into 1 quart souffle dish. Set in shallow baking pan. Pour hot water into baking pan until halfway up sides of souffle dish. Bake, uncovered for 40 - 45 minutes until puffed and golden. Sift powdered sugar over top and serve warm or chilled.

Ava Smalley **La Puente High School, La Puente, CA**

LEMON VELVET CAKE MIX

Serves 12

1 package Lemon Velvet Cake Mix
4 eggs
1 package lemon jello
1 1/2 cups water
1/2 cup salad oil
GLAZE:
2 cups powdered sugar
juice of 1 1/2 lemons

Mix together cake mix, eggs, jello, water and salad oil; beat well. Pour into greased and floured 9" x 12" rectangular pan. Bake at 375 degrees for 30 - 35 minutes. While cake is baking, prepare glaze by combing powdered sugar with lemon juice. When cake is done, prick all over with fork right to the bottom. Pour glaze over top of entire cake.

Joan Ward **Isbell Middle School, Santa Paula, CA**

LIGHT BISCOTTI

Makes 24

6 eggs
2 cups sugar
1 cup butter or margarine, softened
4 teaspoons baking powder
1 teaspoon salt
4 cups flour
3 teaspoons vanilla
2 teaspoons anise extract
cocoa powder
sliced almonds, pecans or anise seeds

Beat together eggs, sugar and butter . Add baking powder and salt to flour; combine with egg mixture and beat well. Beat in vanilla and anise extract. For different flavor biscotti divide dough into three parts. To part one: add cocoa powder until chocolate. To part two: add nuts. To part three: add anise seeds. Put two rows of dough about 4 inches wide on an ungreased cookie sheet. Bake at 375 degrees for about 15 minutes. Test like cake for doneness. Take out a slice on the diagonal. Place on side and re-bake until dry.

"I got this recipe from a personal friend, also a teacher at Rim, Ralph Cooper who says "Dunk 'em if you want to, not because you have to!"

Connie Sweet **Rim of the World High School, Lake Arrowhead, CA**

MARBLED BROWNIES

Serves 12 - 24

2 (3 ounce) packages cream cheese, softened
5 tablespoons butter
1/3 cup sugar
2 eggs
2 tablespoons flour
3/4 teaspoon vanilla
1 Brownie Mix, prepared
Chocolate Frosting, prepared

Beat together cream cheese and butter. Add sugar, eggs, flour and vanilla. Beat until smooth and set aside. Prepare brownie mix using cake-like instructions. Spread 1/2 brownie batter into greased 9" x 13" pan. Drop the cream cheese mixture over the brownie batter in spots. Pour remainder of brownie batter over top of cream cheese mixture. Take a knife and zigzag it through the mixtures swirling the mixtures together. Bake at 350 degrees for 36 - 39 minutes. Cool and frost with chocolate frosting.

Donna Joaquin **Sequoia Junior High School, Simi Valley, CA**

MEOW MIX

Serves a crowd

1 (12 ounce) bag chocolate chips
1 (12 ounce) bag butterscotch chips
1/2 cup margarine
1 box Cheerios cereal
1 (1 pound) box powdered sugar

Melt chocolate and butterscotch chips together with margarine on low heat, stirring until blended. Pour over Cheerios and mix until evenly coated. Pour powdered sugar into large brown grocery bag; pour coated Cheerios into bag, close tightly and shake well.

"Yes, this is an answer to that ever popular "Puppy Chow"; always a hit where there's a crowd!" Enjoy!"

Linda Heinbach **Yosemite High School, Oakhurst, CA**

MUD PIE

Serves 8

1/2 (15 ounce) package Oreo cookies, crushed
1 quart coffee ice cream (try Healthy Choice Cappuccino Chocolate Chunk for a low-fat version)
1 (16 ounce) can Hershey's chocolate fudge topping
whipped cream, low fat

Crush Oreo cookies and mold into bottom and sides of a 9" pie pan. Bake at 350 degrees for 3 - 5 minutes; cool. Soften ice cream and spread into cooled crust; freeze at least 1 hour. Remove from freezer and pour chocolate fudge topping over top of pie. Freeze until ready to serve, at least one hour. Serve with whipped cream.

"This is a hit with young and old alike."

Alice Lewandowski **Linden High School, Linden, CA**

NON-FAT BROWNIES

Makes 6 - 9

3 tablespoons cocoa
1 tablespoon water
1 cup applesauce OR 2 very ripe bananas
1 cup sugar
2 egg whites
1 teaspoon vanilla
1 cup oat bran cereal
1/4 teaspoon salt

Combine cocoa, water and applesauce or bananas with a mixer. Add sugar, egg whites and vanilla; mix well. Sift together cereal and salt; add to mixture and blend well. Bake in an ungreased 9" square baking pan at 350 degrees for 45 minutes.

April Rosendahl **Chino High School, Chino, CA**

NUTRI-BARS

Makes 24 bars

1/2 cup sugar
1/2 cup white corn syrup
3/4 cup peanut butter
3 cups crisp rice cereal
1 cup chocolate chips
1/2 cup butterscotch chips

Combine sugar and corn syrup in glass mixing bowl and cook in microwave for 2minutes, or until mixture boils. Stir in peanut butter. Add cereal and mix well. Spread the mixture in a buttered 8" x 12" pan pressing down with your hands. Place chocolate and butterscotch chips in a glass bowl and microwave for 4 minutes, or until melted. Stir well and spread over cereal mixture. Cut into 24 bars and chill to harden the topping. Store tightly covered.

NOTE: If not using a microwave, follow directions above, except cook the sugar-corn syrup mixture in a saucepan over medium heat. Also melt chocolate and butterscotch chips in a double boiler.

"A cookie-candy bar that makes a great snack or dessert."

Beth Kolberg-Bentle **Rancho High School, N. Las Vegas, NV**

OLD FASHION CHEESECAKE

Serves 10 - 12

1 box graham cracker crumbs
1 cup margarine
5 (8 ounce) packages cream cheese
1/4 teaspoon vanilla
1 3/4 cups sugar
1/4 teaspoon salt
3 tablespoons flour
4 - 5 eggs (1 cup)
2 egg yolks
1/4 cup whipping cream

Follow directions on box to prepare a graham cracker crust for a 9" spring form pan; set aisde. Soften cream cheese at room temperature for 1 1/2 hours. Beat until creamy. Add vanilla. Mix sugar, salt and flour together and add gradually to cheese. Add eggs and egg yolks 1 at a time; beat just enough to blend. Gently stir in cream. Pour into prepared spring form pan. Bake at 450 degrees for 12 minutes, then lower temperature to 300 degrees and continue to bake for 55 minutes. When finished baking, let cool for 1 hour before removing sides. Cool for 2 - 3 hours more before serving.

"Great do-ahead dessert. Freezes really well. Anyone who likes cheesecake will love this one."

Trena Becker **Ball Junior High School, Anaheim, CA**

OLD FASHIONED HOMEMADE ICE CREAM

Makes 1 gallon

4 eggs, well beaten
1 quart half & half
1 can sweetened condensed milk
2 cups sugar
2 teaspoons vanilla
2 drops lemon extract
1/2 gallon whole milk (approx.)

Beat eggs until frothy. Add half & half while continually beating. Add sweetened condensed milk, sugar, vanilla and lemon extract. Pour into gallon ice cream freezer. Add enough whole milk to fill container; freeze.

"This recipe has been handed down in the Rupp family for several generations. A Fourth of July celebration is not complete unless this is served."

Jackie Rupp **Home Street Middle School, Bishop, CA**

OREO ICE CREAM DELIGHT

Serves 24

25 Oreo cookies
1/4 cup margarine
1/2 gallon vanilla ice cream, softened
2 squares unsweetened chocolate
1 cup sugar
1 (13 ounce) can evaporated milk
1 large Cool Whip
1 cup nuts, chopped

Roll cookies, filling and all, between two pieces of waxed paper (or place in zipper locked bag) until fine crumbs are formed. Add melted margarine. Spread in bottom of 9" x 13" pan; freeze. Spread softened ice cream on top of frozen cookie crumbs; freeze. Cook chocolate, sugar and evaporated milk until thick, stirring constantly, about 20 minutes. Cool; spread on top of ice cream layer; freeze. Spread Cool Whip on top of chocolate and top with chopped nuts; freeze. Remove a short time before serving to soften.

"This is each of my son's birthday cake request since they were old enough to say Ice Cream Delight."

Charlotte Runyan **Saddleback High School, Santa Ana, CA**

PATTI'S PEACH CAKE

Serves 12

2 (14 ounce) cans peaches, sliced
1 stick margarine, softened
1 package yellow cake mix
1 pint sour cream, or sour cream substitute
1 egg
2 teaspoons sugar
1 1/4 teaspoons cinnamon, divided
1 rounded tablespoon cornstarch
1/2 teaspoon vanilla
peach yogurt, if desired

Preheat oven to 350 degrees. Drain peaches well, reserving juice. Mix together butter and cake mix with electric beater. Press firmly into a 9" x 13" cake pan; bake at 350 degrees for 10 minutes. Spread drained peaches on warm baked shell. Mix sour cream and egg together. Spread mixture over peaches. Top with mixture of 2 teaspoons sugar and 1 teaspoon cinnamon. Bake for 30 minutes at 350 degrees. Thicken peach juice with cornstarch in saucepan on low heat. Add vanilla and remaining 1/4 teaspoon cinnamon; cook until thickened. Serve warm cake with scoop of peach yogurt and top with warm peach sauce or drizzle sauce on top of cake.

"Baskin-Robbins has peach yogurt!"

Patti Ligon **Monte Vista High School, Spring Valley, CA**

PEANUT BUTTER BARS

Makes 3 dozen

1 cup margarine, softened
1 cup sugar
1 cup brown sugar
⅔ + ½ cup peanut butter, divided
2 eggs
1 teaspoon vanilla
1 teaspoon baking soda
½ teaspoon salt
1 ½ cups Quaker Oats
2 cups flour
1 cup chocolate chips
1 cup powdered sugar
4 tablespoons milk

Cream margarine, sugars and ⅔ cup peanut butter together. Add eggs and vanilla; mix well. Add baking soda, salt, oats and flour; mix. Press dough onto a greased cookie sheet. Bake at 350 degrees for 15 - 20 minutes. Take out of oven and sprinkle with chocolate chips. Mix powdered sugar, remaining ½ cup peanut butter and milk together. Spread on top of peanut butter bars.

Louise Sears-Miller **Swainston Middle School, N. Las Vegas, NV**

PINEAPPLE CAKE

Serves 8 - 12

CAKE:
2 cups flour
2 teaspoons baking soda
2 eggs
1 (20 ounce) can pineapple, crushed
½ cup walnuts, chopped

FROSTING:
1 cube butter, softened
1 (8 ounce) package cream cheese, softened
2 cups powdered sugar
1 teaspoon vanilla

Mix cake ingredients together and bake at 350 degrees for 35 to 40 minutes. Cool. Combine butter and cream cheese in mixing bowl, add powdered sugar and vanilla and beat until smooth. Frost cake with frosting.

"This is a simple recipe I got from my neighbor, Loretta Hoxsie."

Pat Dallas **Westminster High School, Westminster, CA**

PINK LEMONADE PIE

Serves 6 - 8

1 small (6 ounce) can pink lemonade, frozen
1 (12 ounce) tub cool whip
1 can sweetened condensed milk
1 chocolate cookie pie crust

Let frozen lemonade thaw. In a mixing bowl, mix together lemonade, cool whip and

sweetened condensed milk; pour mixture into pie crust. Freeze for 1 - 2 hours. Garnish with chocolate cookie sprinkles if desired.

"This is a great pie for summer. It has a tangy taste and is similar to a cheese cake."

Jennifer Kane **Temecula Valley High School, Temecula, CA**

PUMPKIN PECAN CHEESECAKE

Serves 6 - 8

CRUST:
1 1/2 cups graham cracker crumbs
1 tablespoon sugar
1/4 cup unsalted butter, melted
1/4 cup pecans, finely chopped
FILLING:
2 (8 ounce) packages cream cheese, room temperature
3/4 cup sugar
3 eggs
1/2 cup whipping cream
1 cup canned pumpkin
2 tablespoons real maple syrup
1/2 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/2 teaspoon ground nutmeg
TOPPING:
1 cup sour cream
3 tablespoons sugar
1/4 teaspoon vanilla
1/3 cup pecan halves

Crust: In a medium bowl, combine crumbs, sugar, melted butter and chopped pecans. Press mixture over bottom and about 1 ½ inches up the sides of a 9" springform pan. Refrigerate crust. Preheat oven to 325 degrees.

Filling: In a large bowl, beat cream cheese and sugar until light and fluffy. Beat in eggs, one at a time, then the whipping cream. Stir in pumpkin, maple syrup and spices. Pour batter into chilled crust and bake 55 - 60 minutes, or until just set but still a little shaky in the center. Run a knife around the edge of the cheesecake to loosen it and prevent splitting.

Topping: In a small bowl, combine sour cream, sugar and vanilla. Stir until blended. Spread the topping evenly over hot cheesecake. Arrange pecan halves over the top. Bake 5 minutes more. Let cheesecake stand until cool. Refrigerate at least 4 hours and up to 2 days, well wrapped, before serving. To serve: garnish with cinnamon and whipped cream, if desired. Remove sides of pan, leaving cheesecake on pan bottom, and cut into wedges.

Ramona Anderson **Mira Mesa High School, San Diego, CA**

PUMPKIN ROLL WITH FIG CREAM

Serves 15 - 20

CAKE:
⅔ cup all purpose flour
1 teaspoon baking powder
1 teaspoon cinnamon
¼ teaspoon ginger
¼ teaspoon nutmeg
¼ teaspoon cloves
¼ teaspoon salt
3 eggs
1 cup granulated sugar
¾ cup canned pumpkin
powdered sugar
FIG CREAM:
⅓ cup dried California figs, snipped
2 tablespoons gold or dark rum
1 cup whipping cream
powdered sugar
dried California figs, sliced, for garnish

Cake: Into large mixing bowl, sift together flour, baking powder, spices and salt. In another bowl, beat eggs with electric mixer on high speed 5 minutes, until light and lemon colored. Gradually beat in sugar, then stir in pumpkin. Gradually fold in flour mixture. Grease and flour 10" x 15" jelly roll pan and line with waxed paper. Spread batter evenly in pan. Bake at 375 degrees for 20 minutes, until cake begins to pull away from sides of pan and top springs back when lightly touched. Carefully loosen edges of the cake and turn it out onto a clean towel well sprinkle with powdered sugar. Beginning at narrow end, roll up cake; let cool.

Fig Cream: Marinate figs in rum. In medium bowl, beat cream until it begins to thicken. Beat in 1 tablespoon of the powdered sugar. Continue beating until soft peaks form. Fold in marinated figs. Unroll cake and spread with Fig Cream. Firmly roll up cake. Dust with powdered sugar, decorate with sliced figs. Cut into ¾ - 1" slices.

California Fig Advisory Board

RASPBERRY CREAM CHEESE COFFEE CAKE

Serves 4 - 6

1 (3 ounce) package cream cheese
4 tablespoons butter
2 cups Bisquick
⅓ cup + 1 - 2 teaspoons milk, divided
½ cup raspberry preserves
½ cup powdered sugar
¼ teaspoon vanilla

Cut cream cheese and butter into Bisquick until crumbly. Blend in ⅓ cup milk with wooden spoon. Turn onto floured surface and knead 8 - 10 strokes. Roll dough into 12" x 8" rectangle. Spread preserves down center of dough. Make 2 ½" cuts at ½" intervals on long side. Fold strips over filling and pinch ends together. Transfer cake onto 9" x 13" greased pan or cookie sheet. Bake at 425 degrees for 12 - 15 minutes. Prepare a glaze by

combining sifted powdered sugar, 1 - 2 teaspoons milk and vanilla. Drizzle glaze over coffee cake while still hot.

"I discovered this recipe while I was doing my observation hours for my credential. I use it every semester now."

Renee Paulsin **Hemet High School, Hemet, CA**

RASPBERRY VELVET TART

Serves 8

CRUST:
3/4 cup cake flour
3/4 cup all purpose flour
1/4 cup sugar
1/2 cup butter, chilled, cut into pieces
1 egg yolk
1 tablespoon whipping cream
2 tablespoons cold water

FILLING:
12 ounces white chocolate, chopped
1/2 cup whipping cream, hot
1/4 cup butter, softened to room temperature
2 cups fresh raspberries, or unsweetened frozen, thawed and drained

Crust: mix flours and sugar in a large bowl. Add butter and cut in until mixture resembles coarse meal. Beat yolk with cream to blend. Pour over flour mixture and stir until dough comes together, adding water to bind dough if necessary. Gather dough into ball. Flatten into disk. Wrap in plastic and refrigerate 30 minutes. Roll dough out on lightly floured surface to 1/4" thick round. Roll to line a 9" tart pan with removable bottom. Trim edges. Refrigerate 30 minutes. Preheat oven to 350 degrees; bake 15 minutes. Cool crust completely on wire rack.

Filling: Melt chocolate in double boiler until smooth, mix in cream and butter; remove from heat. Distribute raspberries evenly over bottom of prepared crust, reserving a few for garnish. Pour chocolate mixture over raspberries, filling crust completely. Refrigerate until firm, about 1 hour. Garnish with chocolate leaves and raspberries.

NOTE: This can be made 1 day ahead. Just let it stand 1 hour before serving.

"This recipe is a big hit at parties."

Joan Fabregue **North High School, Torrance, CA**

RESTAURANT ALMOND COOKIES

Makes 4 dozen

2 1/4 cups all-purpose flour
1 cup sugar
1/2 teaspoon baking soda
1/2 teaspoon salt
1 cup shortening
1 egg, slightly beaten
2 tablespoons milk
1 teaspoon almond extract
24 blanched almonds, halved
1 egg white
1 tablespoon water
1 drop yellow food coloring

In mixing bowl, measure together and then sift the flour, sugar, soda and salt. Cut in the shortening until mixture resembles cornmeal. Combine egg, milk and almond extract; add to flour mixture. Mix well. Shape dough into 1" balls and place 2" apart on an ungreased cookie sheet. Place an almond half atop each cookie and flatten with bottom of a glass dipped in sugar. Slightly beat 1 egg white with 1 tablespoon water. Add one drop yellow food coloring to diluted egg mixture. Brush egg mixture over the top of cookies. Bake at 325 degrees for 16 - 18 minutes or until done. Cool on wire rack. Store in covered container.

"These cookies melt in your mouth and are great to serve people who avoid chocolate in desserts."

Mary Ellen Kile **Edison High School, Huntington Beach, CA**

RUM CAKE

Serves 8 - 12

½ cup pecans, chopped
1 package yellow cake mix
1 (3 ¾ ounce) package vanilla pudding
4 eggs
¾ cup water, divided
½ cup oil
1 ½ cups light rum, divided
½ cup butter
1 cup sugar

Sprinkle pecans on bottom of greased angel food or bundt cake pan. Combine cake mix with pudding, eggs, ½ cup water, oil and ½ cup light rum. Mix together and pour on top of pecans in cake pan. Bake at 350 degrees for 50 - 60 minutes. Prepare glaze by combining butter, sugar and remaining ¼ cup water in a saucepan; bring to a boil and boil 1 minute; add remaining 1 cup rum. As soon as the cake is done, poke holes in top of the cake with a toothpick. Pour hot glaze onto hot cake. The glaze will seep through the poked holes and cake will keep for days.

Sandy Syslack **Bonanza High School, Las Vegas, NV**

SCOTTISH SHORTBREAD

Serves 10 - 12

1 cup butter
3 ¾ cups flour
⅔ cup sugar

Soften butter at room temperature. Stir together flour and sugar; cut butter into chunks and add to flour/sugar mixture. Mix butter in with hands by rubbing and squeezing butter with flour mixture until it looks like meal of even size. Press mixture into 8 ½" x 12" pan with fingers. Prick with fork and bake at 325 degrees for 30 minutes. When done, remove from oven and sprinkle with sugar.

NOTE: For a crisper shortbread, turn oven off and set pan inside oven with door open. Allow shortbread to cool in oven. Cut into fingers or squares while it is still warm. Cool.

"This is an old family favorite. Served with coffee or milk. Melts in your mouth!"

Nan Paul **Grant Middle School, Escondido, CA**

SINFUL TOFFEE

Serves 36 - 48

saltine crackers
1 cup butter or margarine
1 cup sugar
6 ounces chocolate, butterscotch, peanut butter or vanilla chips

Line a jellyroll pan with aluminum foil. Cover foil with saltine crackers. In a saucepan, stir and heat the butter and sugar until a thick syrup forms. Pour evenly over crackers. Bake at 450 degrees for 10 minutes. Remove from oven, sprinkle with chips. As chips melt, spread over entire surface. Cool for at least 2 hours. Peel aluminum foil off bottom of toffee and break candy into pieces.

"Students and staff at Morse prefer the butterscotch toffee, a nice change from chocolate candies."

Sue Walters **Morse High School, San Diego, CA**

SKOR CAKE

Serves 10 - 12

1 chocolate cake mix, prepared
1 large package chocolate instant pudding mix, prepared
¼ cup kahlua
4 Skor candy bars, frozen, crushed
12 ounces Cool Whip
almonds, chopped, for topping

Make cake according to package directions. Cool, then cut up into 2 inch squares. Make pudding according to package directions and chill. In a 9" x 13" glass dish, layer in the following order: ½ of the cake squares, drizzled with ½ of the kahlua, ½ of the pudding, 2 crushed Skor bars and ½ of the Cool Whip. Repeat, topping with almonds.

"First tasted this at a potluck dinner - it was a huge hit!"

Karen Beigle **Villa Park High School, Villa Park, CA**

SMALL PECAN TARTS

Makes 3 dozen

CRUST:
4 ounces cream cheese
1/2 cup butter
1 cup flour, sifted
FILLING:
1 cup + 2 tablespoons brown sugar
1 1/2 teaspoons vanilla
2 eggs
1 1/2 tablespoons butter
1/2 teaspoon salt
1 cup pecans, chopped

Crust: Mix cream cheese, butter and flour; chill. Make small balls and press into miniature cupcake pans; set aside.

Filling: Beat brown sugar, vanilla, eggs, butter and salt until smooth. Add pecans. Fill pastry-lined tins. Bake at 350 degrees for 25 minutes. Cool before removing from pan.

"These are delicious. They are bite-sized, so they're easy to serve."

Debbie Marks **Tokay High School, Lodi, CA**

SOUR CREAM COOKIES

Makes 3 dozen

1 cup shortening
1 cup sugar
2 eggs
1 cup sour cream
1 teaspoon vanilla
pinch salt
1/2 teaspoon baking soda
1 teaspoon baking powder
4 cups flour
Cream Cheese Frosting, prepared
sprinkles, for decorating

Cream shortening and sugar, add 1 egg and beat until well blended; add other egg. Add sour cream and vanilla, mix well. Sift together salt, baking soda, baking powder and 1 cup flour and add to the mixture. Add remaining flour and more if needed until dough is easy to handle. Handle dough as gently as possible. Roll out on floured surface and cut into desired shapes. Bake at 350 degrees for 12 to 15 minutes; cool. Top with cream cheese frosting and sprinkles.

"These are great for holidays! A tradition in our home for Christmas."

Deborah Weiss **Ayala High School, Chino, CA**

SUPERSONIC LEMON BARS

Makes 24

1 step Angel Food cake mix
1 can Wilderness Lemon Pie Filling
6 ounces cream cheese
1 cup powdered sugar
1/4 cup margarine, softened
1/2 teaspoon vanilla
1 cup coconut (optional)
1/4 cup walnuts or pecans, chopped

In a large bowl, combine angel food cake mix and lemon pie filling; stir to mix and spread in a greased jelly roll pan (10 ½" x 15 ½" x 1"). Bake at 350 degrees for 20 minutes. Cool. Prepare frosting by mixing together cream cheese, powdered sugar, margarine, vanilla and coconut. Frost cooled cake and sprinkle with nuts.

"Guaranteed to propel you out of the kitchen at MACH 1."

Debbie Sullivan **Silverado High School, Las Vegas, NV**

SWEET AND SOUR BANANAS

Serves 8

1 egg, well beaten
¼ cup sugar
1 tablespoon butter or margarine
1 tablespoon vinegar
4 bananas
lettuce for serving
½ cup walnuts, finely chopped

In small saucepan, beat egg with whip or fork. Add sugar, butter and vinegar. Cook over low heat, stirring constantly until thick; cool. Cut bananas in halves and slice lengthwise. Arrange on lettuce plate, cut side up; spread with sauce. Sprinkle with nuts.

Nancy Jordan **Merced High School, Merced, CA**

THE BEST CHOCOLATE CHIP COOKIES YOU'LL EVER EAT!

Makes 2 dozen

⅓ cup Crisco, not butter flavor
⅓ cup butter
½ cup sugar
½ cup brown sugar
1 egg
1 teaspoon vanilla
1 ½ cups flour
½ teaspoon baking soda
½ teaspoon salt
½ cup nuts, chopped (optional)
1 ½ cups milk chocolate chips

Blend first 6 ingredients thoroughly, then add remaining ingredients, blending well. Drop with a cookie scoop 2" apart on to baking sheet. (I bake 12 cookies per sheet.) Bake at 375 degrees for 10 minutes. Do not remove cookies from sheet until cooled.

"I take these cookies to potlucks and school functions. I always have several people who comment on them and want the recipe. They are yummy!"

Jeri Drake-Lane **Canyon Springs High School, Moreno Valley, CA**

THE BOSS' CARROT CAKE

Serves 12

1 cup vegetable oil
2 cups carrots, shredded
1 teaspoon salt
2 cups sugar
3 eggs
2 cups flour
2 teaspoons baking soda
1/2 teaspoon nutmeg
2 teaspoons cinnamon
1 (13 1/2 ounce) can pineapple, crushed
2 teaspoons vanilla
1 cup walnuts, chopped
ICING:
6 ounces cream cheese, softened
4 tablespoons butter or margarine
3 tablespoons vanilla
dash salt
4 cups powdered sugar

Preheat oven to 350 degrees. Grease 13" x 9" baking pan. Put first four items together in a large bowl and mix. Add eggs, one at a time and beat. Mix dry ingredients and add together with pineapple (juice too). Add vanilla and stir in walnuts last. Bake for 45 - 50 minutes. Prepare icing by creaming cream cheese and butter or margarine. Add vanilla and salt. Beat in powdered sugar until creamy and spreadable. Ice cake in pan after cake has cooled. Refrigerate leftovers.

"I got this recipe years ago from my boss at the time. It makes a very rich, moist cake."

Sally Reimers **Valley View Junior High School, Simi Valley, CA**

TURTLE BARS

Serves 12

2 cups flour
1 3/4 cups oats, quick or old-fashioned
3/4 cup brown sugar, packed
1/2 teaspoon salt
3/4 cup butter or margarine, softened
1 (6 ounce) package semi-sweet chocolate bits
1/2 cup pecans, coarsely chopped
1 (12 1/2 ounce) jar caramel ice cream topping

Combine 1 3/4 cups flour, oats, brown sugar and salt in a large bowl; mix well. Add butter, mixing until crumbly. Reserve 1 cup mixture for topping; press remaining mixture onto bottom of well greased 13" x 9" pan. Bake at 375 degrees for 15 minutes. Sprinkle chocolate chips and nuts over partially baked base. Combine caramel topping and 1/4 cup flour; drizzle over chocolate chips and nuts. Sprinkle reserved 1 cup mixture on top. Bake for 25 minutes; cool, chill, cut into bars.

Barbara Gauthier **Santana High School, Santee, CA**

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